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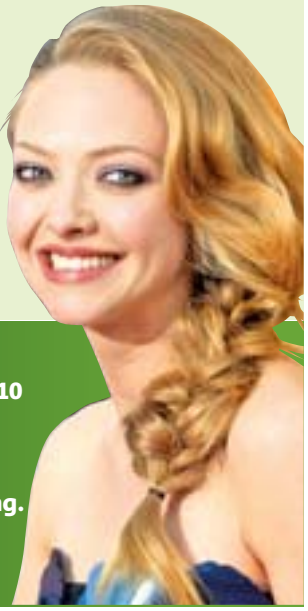
**ALL THE BROS ARE GROWING 'MOS'**
MOVEMBER TARGETS CANCER {pages 2, 14}

**LOVE?**
**SEYFRIED SEEN CANOODLING**
DISH {page 11}



OTTAWA metro®
Tuesday, November 2, 2010
www.metronews.ca
News worth sharing.

**Veterans.** Tribute

▶ A veteran and a cadet place a candle in honour of all war veterans at the annual Veterans' Week Candlelight Tribute at Lansdowne Park last night.

TRACEY TONG/METRO

## Veterans pass torch to young

More than 500 veterans took part in the Veterans' Week Candlelight Tribute last night. As a gesture symbolizing the passing of the torch of remembrance, each participating veteran and Canadian Forces member passed a candle to a young person. "Each candle lit here tonight sparks ... the opportunity to remember one of countless instances where the selfless bravery of Canadian service men and women won the day," said Minister of Veterans Affairs Jean-Pierre Blackburn.

# Woman's ex-lover charged in death

▶ Victim stabbed while trying to claim woman's belongings from home ▶ Family members of several of the people involved attend court appearance

Aaron Richards appeared briefly in a Gatineau courtroom yesterday afternoon to face a charge of involuntary manslaughter.

The 21-year-old pleaded not guilty for his alleged role in the fatal stabbing of Michael Paul, 22, in Gatineau Friday evening.

Gatineau police had initially reported that a man attempted to invade a home at 17 Rue Ste.-Helene, with a male resident stabbing the intruder with a knife. But after questioning four other people that had been with the victim, police determined that it was not a home invasion.

Paul had been trying to help a female friend reclaim some of her things from an ex-boyfriend who lived in the upper apartment of the building.

After a brief altercation, it is alleged that one of the men became aggressive and stabbed Paul in the chest. Paul died en route to an Ottawa Hospital.

"An autopsy was performed yesterday at the Ottawa Hospital since the death occurred on the Ontario side," said Gatineau Police spokesperson Jocelyn Raby.

MIKE BEASLEY

Scene

## The real Russell Peters

▶ Canadian comic gets candid about bullies and disorder in brand new memoir ▶ Lil Wayne keeps his fame from behind bars {page 10}

## It's a kind of magic...

Local mindbender has a few tricks up his sleeve {page 3}

## She looked at a girl and liked it

Jessica Napier dishes on her new girl crush {page 9}

1 news

News on the move

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An escape artist claws his way to the surface after being buried alive for two days. See the video at metronews.ca

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SCANLIFE

Thieves infiltrate Honduras military base to steal plane seized in anti-drug sweep. Scan code for story

**Movember.** Trashing the 'stache

▶ Scott Lear gets his moustache shaved by Sanh Nguyen, of Bayshore Hairstylist and Spa at the Bayshore Mall, to mark the beginning of Movember yesterday. It was Lear's first time participating. "It feels cold," he said of the missing moustache. "I can feel my breath on my upper lip."

TRACEY TONG/METRO

## Less facial hair, mo' awareness

Men from all walks of life had their facial hair shaved for a good cause yesterday. Movember challenges men to grow a moustache for the entire month to raise awareness and funds for prostate cancer. The idea for Movember began in 2003 in Melbourne, Australia as a plan to bring the moustache back and do something for men's health. More coverage at metronews.ca/local and on page 14.

# Minister takes aim at maternal health

**▶ CIDA must focus on helping people, not just treating diseases: Oda ▶ Minister says she witnessed a lack of accessible health care in developing countries this year**

JOE LOFARO
OTTAWA@METRONEWS.CA

Minister of International Co-operation Beverly Oda yesterday announced Canada's newest commitment to improve the health of mothers and children in developing countries.

Canada will provide $1.1 billion in new funding over five years that will support the G-8 Muskoka Initiative, Oda said, adding to the existing $1.75 billion in Canadian funding.

The biggest obstacle in global health is not knowing how to treat and prevent diseases, according to Oda, because for the most part, Canada knows how to deal with them.

"The biggest challenge, especially in developing countries, is when we know what to do while millions are still dying needlessly," said Oda.

Under the initiative, Canada will follow three main paths: strengthening health systems, addressing diseases and illnesses, and improving nutrition.

Oda also announced further Canadian support to the Global Polio Eradication Initiative, building on Canada's ongoing commitment to wipe out the disease in Afghanistan.

JOE LOFARO/FOR METRO

▶ Minister of International Co-operation Beverly Oda spoke at the Canadian Conference on Global Health yesterday about Canada's role in lowering newborn and maternal mortality rates in developing countries.

## Suspects sought in Halloween mugging

Police seek two suspects after a young woman walking alone downtown late Halloween night was assaulted and robbed.

At 10:43 p.m., a female in her early 20s was walking on Wilbrod Avenue at Friel Street when she was approached by two people. She was pushed to the ground and her grey purse containing her wallet and cellphone were taken.

Police seek a male of East Indian descent and a female. Both were approximately five-foot-four and wore black clothing.

TRACEY TONG

## Agencies back abuse campaign

Ottawa's Sexual Assault Network and Ottawa Coalition to End Violence Against Women are supporting the White Ribbon Campaign to mark Woman Abuse Prevention Month, which began yesterday.

TRACEY TONG

## Drugstore robber demanded Oxycontin, police claim

A man armed with a handgun robbed a south-end drugstore of Oxycontin late Sunday night.

Police said the incident occurred in the 1500 block of Alta Vista Drive.

A lone male brandishing a black handgun entered the retail store demanding narcotics. The man then fled in an unknown direction.

Police are seeking a dark-skinned male, five-foot-eight to five-foot-10, with a thin build and a moustache.

TRACEY TONG

# Local man has a few tricks up his sleeve

## Ottawa man uses magic, hypnosis and psychology to manipulate the mind

JOE LOFARO
OTTAWA@METRONEWS.CA

GUILLAUME HACHE/FOR METRO

▶ Jaymes White

Jaymes White likes to make people think he is a mind reader, but really he is a mind manipulator.

Born and raised in Ottawa, White has been fascinated with magic and illusions since watching a magician perform at his 7th birthday party.

He studied psychology at Carleton University and has performed shows about how illusions can easily trick people — even the skeptics.

White will be performing his The Art of Mind Reading on Display show at the Ukrainian banquet hall tomorrow.

"I'm going to try to connect people in the audience," said White.

"I'll focus on a couple, like a dating couple, to show a connection between them that they didn't know they had."

When White isn't playing with people's minds, he reads books on psychology in order to improve his craft. He also weaves hypnosis into his shows and asks participants to do certain things with their permission.

"The last show I did I used hypnosis and I stuck a needle into a man's arm and he didn't notice anything."

The show starts at 7:30 p.m.

# OC Transpo and STO to honour veterans

War veterans who wear their medals and/or uniforms ride OC Transpo and Société de transport de l'Outaouais free during National Veterans' Week, which runs from Nov. 5 to 11.

Companions accompanying veterans during National Veterans' Week will also ride for free.

OC Transpo and STO are also planning other activities and service changes to commemorate Remembrance Day on Nov. 11. OC Transpo buses will pull over to the side of the road to observe two minutes of silence at 11 a.m. and play The Last Post and Reveille over the radios of OC Transpo buses.

TRACEY TONG

**11 The time of morning on Nov. 11 when OC Transpo buses will pull over for two minutes to observe Remembrance Day.**

TRACEY TONG/METRO

▶ Karen Palmer first arrived in Ghana in 2004 to help improve the quality of human rights journalism. She later returned and stayed for three years.

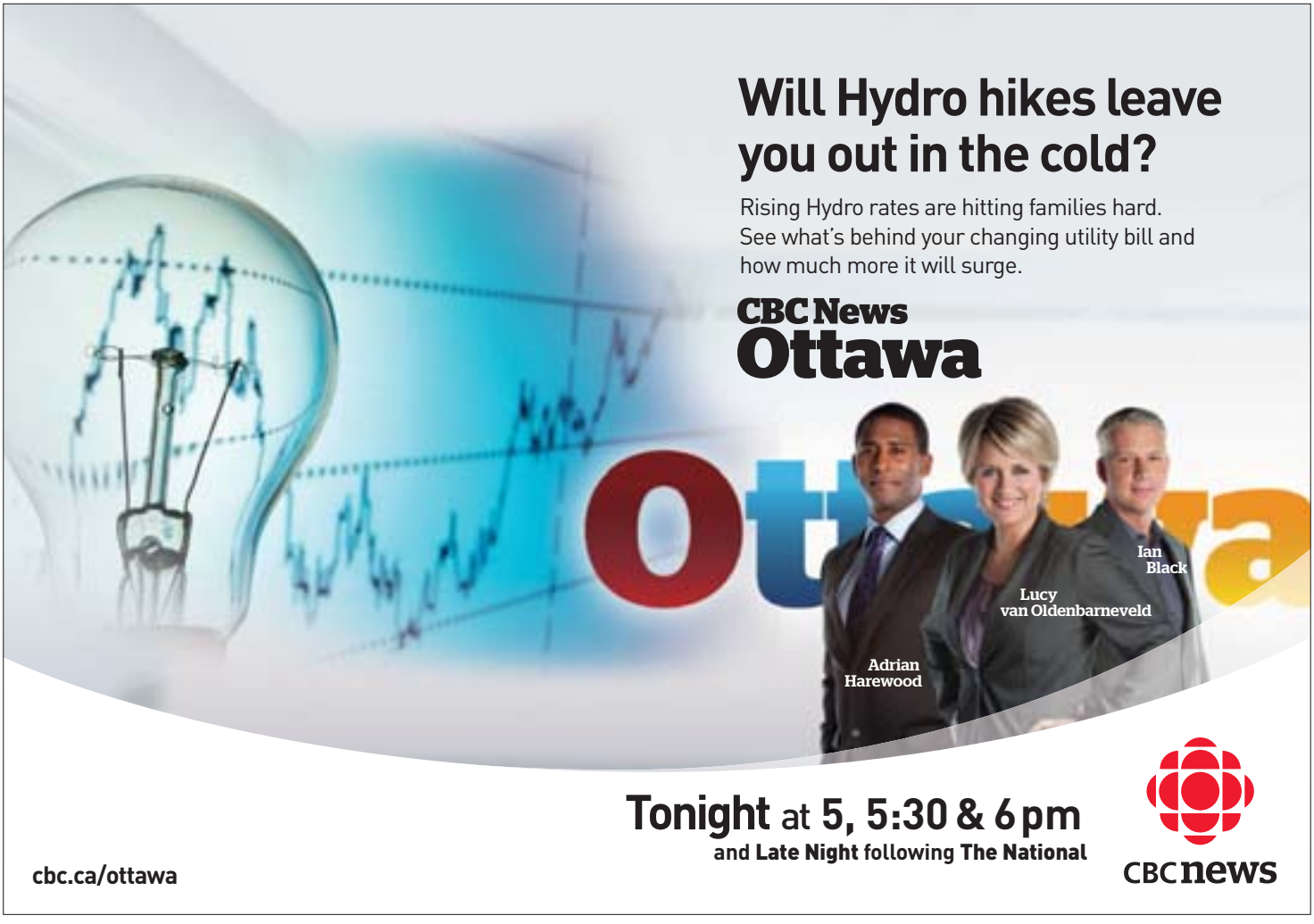
KAREN PALMER

## "PEOPLE ARE BEING ABSOLUTELY TERRORIZED."

**Ottawa resident, journalist and Oxfam Canada spokesperson Karen Palmer's first book, Spellbound, explores West Africa's witch camps.**

**What is a witch camp?**
When women are accused of witchcraft, they get taken to a chief with their accuser and both of them bring chickens and cut the throats of the chickens ... depending on how they die, it determines whether a woman is guilty or innocent of witchcraft. If the chicken dies with its beak in the sky, she's innocent. If it dies with its beak in the ground, then she's a witch.

**Do you think that the spiritual realm exists?**
When I went over, I was very black and white. There's no such thing as witchcraft and there's probably a logical reason for everything that's happening here. The longer I spent in the community, the more everything became greyer for me. TRACEY TONG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# American voters face two dubious options

**U.S. in serious trouble, and both parties lack ideas to fix it: Former U.S. comptroller general**

Americans face an unenviable choice today as they vote in this year's hotly anticipated mid-term congressional elections: Casting a ballot for the party that caused much of the financial mess that's left one in 10 U.S. citizens jobless, or choosing the one that has failed to clean it up.

The mid-terms traditionally serve as a referendum on the sitting commander-in-chief's presidency, and that's never more so than this year.

Barack Obama is struggling to deal with the worst economic times to befall the United States since the Great Depression, with the Republicans poised to make huge gains in Congress, thanks to voter outrage over the sluggish economic recovery.

THE CANADIAN PRESS

### Red wave

**Some Tea Party candidates are expected to benefit from a Republican juggernaut.**

- The Republicans are predicted to regain control of the House of Representatives.
- Polls suggest Democrats will manage to hold onto the Senate.

### 435-36-37

**All 435 seats in the House of Representatives are up for grabs, while 37 senators and 36 governors will also have their fates sealed by voters.**

CHRIS CARLSON/THE ASSOCIATED PRESS

▶ U.S. Sen. Barbara Boxer, left, a Democrat representing California, and California attorney general and Democratic gubernatorial candidate Jerry Brown arrive for a campaign rally at the Los Angeles Public Central Library yesterday.

# Ottawa to tweak immigration levels in 2011

Ottawa wants to keep Canada's immigration levels steady next year but change the mix of newcomers, limiting economic immigrants and boosting the number of spouses and children.

In its annual report to Parliament on immigration, the Conservative government says it aims to take in between 240,000 and 265,000 new permanent residents next year.

That's the same target as this year and last.

But Immigration Minister Jason Kenney is looking to cut the economic class of immigrants by about 5,000 people — despite highlighting the growing dependence of the Canadian workforce on immigrant labour.

"Canada's post-recession economy demands a high level of legal immigration to keep our workforce strong," he said in a news release.

DARRYL DYCK/THE CANADIAN PRESS

▶ Immigration Minister Jason Kenney

NDP critic Olivia Chow welcomed the increase in spouses and children, but was disappointed that the increases did not also extend to the parents of immigrants. She said some families are waiting six years to bring their parents over. By keeping immigration levels steady, Kenney is walking a fine line between those who want levels to rise steadily to deal with an expected worker shortage, and those who want to cut back dramatically on newcomers until well after the recession.

THE CANADIAN PRESS

### New targets

- Jason Kenney is increasing the target range for spouses and children, to a high of 48,000 — up from 45,000 in 2010, and back to the historical norm.
- He is also expecting the number of refugees to rise, partly because the government has committed to doubling the number it resettles from overseas refugee camps.

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- Building a Business Case

# Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

**TFSA earnings grow tax-free and account holders can withdraw funds at any time**

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

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"It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

# Rousseff win paves way for women

**A former guerrilla jailed and tortured for three years in the early 1970s, Rousseff is known as a demanding and skilled manager**

## Special call

**U.S. President Barack Obama telephoned his congratulations to Dilma Rousseff.**

- **Congratulations** The White House says Obama telephoned the 62-year-old Rousseff, who was jailed and tortured for three years in the early 1970s for fighting against Brazil's dictatorship, to congratulate her on her victory.
- **During the call:** Obama told Rousseff in his call Monday that the U.S. and Brazil have an excellent working relationship and that he looks forward to meeting with her soon.

Dilma Rousseff is dedicating her victory as Brazil's first female president to the nation's women, saying it paves the way for their daughters to gain more power in government and business in Latin America's largest economy.

"I want to state my first commitment after the elections: to honour Brazil's women so that today's unprecedented result becomes a normal event," said the 62-year-old Rousseff, a former cabinet chief and energy minister. "I would very much like that parents look into their daughters' eyes and say, yes women can."

Rousseff is a career civil servant who has never held elected office, but she easily won Sunday's presidential run-off election. That was thanks to the wholehearted backing of outgoing President Luiz Inacio Lula da Silva, who for decades has been a presence on Brazil's political scene and will leave office as its most popular leader.

Now, the difficult part begins. Rousseff must make good on her campaign promises to continue Silva's programs that have led Brazil to new international economic and political heights. She acknowledged the challenge in her victory speech late Sunday after overcoming centrist rival Jose Serra by winning 56 per cent of the vote against his 44 per cent.

"It's a challenging and difficult task to succeed him, but I will know how to honour his legacy," she said of Silva. "I will know how to advance and consolidate his work."

This is exactly what her supporters and most of the base of the governing Workers Party expect.

"Now we are certain that the country will continue in the right direction," 26-year-old teacher Hobert dos Santos said while waving Rousseff campaign flags at a celebration on a main avenue in Sao Paulo.

"Dilma will be able to continue working for the people." THE ASSOCIATED PRESS

▶ Brazil's first lady Marisa Leticia Silva, left, hugs Brazil's newly elected leader Dilma Rousseff, at the Alvorada palace, in Brasilia, Brazil, yesterday.

# Militants attack Iraq church, 58 killed

Iraq's dwindling Christian community was grieving and afraid yesterday after militants seized a Baghdad church during evening Mass, held the congregation hostage and triggered a raid by Iraqi security forces. The bloodbath left at least 58 people killed and 78 wounded — nearly everyone inside.

The attack, claimed by an al-Qaida-linked organization, was the deadliest ever recorded against Iraq's Christians, whose numbers have plummeted since the 2003 U.S.-led invasion as the community has fled to other countries.

Outside Our Lady of Salvation church, Raed Hadi leaned against the car carrying his cousin's coffin, waiting for the police to let him bury him on church grounds.

"It was a massacre in there and now they are cleaning it up," he said yesterday morning. "We Christians don't have enough protection. ... What shall I do now? Leave and ask for asylum?"

KHALID MOHAMMED/THE ASSOCIATED PRESS

▶ Pallbearers carry the coffin of a victim after its congregation was taken hostage in Baghdad, yesterday.

"Now they make a show," said Jamal Jaju, who watched as Iraqi forces pushed back observers. "What can I say? I lost at least 20 friends in there."

Pope Benedict XVI denounced the assault as "ferocious" and called for renewed international efforts to broker peace in the region.

Prime Minister Nouri al-Maliki also condemned the siege, saying it was an attempt to drive more Christians out of the country. THE ASSOCIATED PRESS

## Hostage talk

**An Iraqi official said he talked on a cellphone with one of the hostages during the siege. He said the hostage described how insurgents began shooting wildly when they went into the church and that he could see about 40 wounded people lying around him on the floor. During the hours that followed, an eerie quiet descended on the building.**

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# Facebook flap leads to ousting of volunteer

## Premier's office declined to comment Ghent stressed she is not a member of any political party

Political discourse in Newfoundland and Labrador hit another low as the government dumped a volunteer who quipped about the premier's penis size on Facebook.

The flap comes just days after Liberal Opposition spin doctor Craig Westcott apologized for an email questioning whether Danny Williams is mentally ill or in the last stages of syphilis.

Rural Development Minister Shawn Skinner said yesterday that Pamela Pardy Ghent was removed from the province's rural secretariat for a status update she posted early Sunday morning on Facebook.

COURTESY CBC NEWS ONLINE

▶ Pamela Pardy Ghent

It said: "Thinking about sending Liz (Elizabeth Matthews, communications director for Williams) an email asking her to disclose the premier's penis size....legit question, right? You know, small man syndrome made it to the psych (psychology) books, didn't it? Besides, what could it hurt? Everyone can take a joke, right?"

Apparently not. Ghent said she got a call Sunday night from a senior rural development official with the provincial government who advised her she was being dismissed.

Ghent's Facebook friends include various provincial cabinet ministers. Yesterday, Skinner confirmed the off-colour posting prompted her ouster.

THE CANADIAN PRESS

BERNADETTE711

## Shadows on a ferry

**Today's photo of the day is by Canadian Bernadette711 and was submitted in the Everyday Travel category. The photo is titled: Father and son shadows on Smallwood Ferry bound for Port aux Basque, N.L. Enter your photos today and view more pictures at metrophotochallenge.ca.**

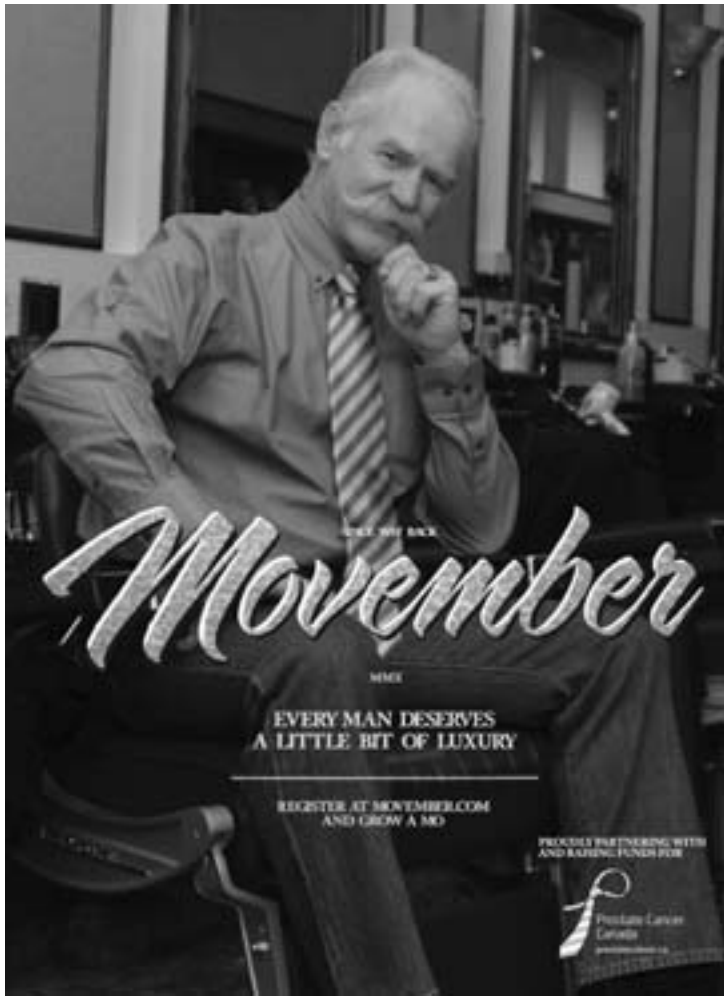
metro PHOTO CHALLENGE

**Measures**

**Britain announced measures to halt air cargo from Yemen and Somalia.**

## Yemen cargo banned

Transport Minister Chuck Strahl says Canada is banning air cargo from Yemen. The minister says it was not prompted by any specific threat. THE CANADIAN PRESS

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FEDERAL RESERVE

## Stimulus for U.S. economy

Canadians have as much at stake as Americans in the Federal Reserve's decision this week whether to inject new stimulus into the U.S. economy.

The betting among markets and economists is that Fed chairman Ben Bernanke now has little choice but to initiate a second round of quantitative easing tomorrow, bathing the country with between $500 billion and $2 trillion in cash.

Called QE-II, or QE-The Sequel, the expected followup to $1.4 trillion of stimulus in March of 2009 is controversial because, unlike last year, the U.S. economy is no longer in free-fall.

For the U.S., quantitative easing means hundreds of billions more dollars in circulation, lower long-term interest rates and a weaker currency — hopefully triggering more borrowing and boosting exports. THE CANADIAN PRESS

### Market moment

| TSX | Dollar | Oil | Natural gas 1,000 cu ft |
|---|---|---|---|
| – 11.43 (12,664.81) | + 0.4¢ (98.42¢ US) | + $1.52 US ($82.95 US) | $3.832 (– 20.6 ¢) |
| | | | Gold contracts $1,350.60 (– $7.00) |

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# Spending slows as U.S. incomes drop

ORLIN WAGNER/THE ASSOCIATED PRESS

▶ Carrie Warden, manager of The Sconelady's Coffee Shop, paints a sign for their fall coffee sale in Lawrence, Kan.

### Federal reserve may buy treasury bonds to drive interest rates lower

Americans slowed their spending in September to the weakest pace in three months and their incomes fell for the first time in 14 months.

Personal spending rose at an annual rate of 0.2 per cent in September, the Commerce Department said yesterday. That's below the 0.5 per cent gains recorded in July and August.

Incomes fell 0.1 per cent in September, following a 0.4 per cent rise in August that had been pushed higher by the return of extended unemployment benefits.

The drop in incomes was the first decline since incomes fell 0.3 per cent in July 2009. The August gain had been skewed by the reinstatement of an extended unemployment benefits program, which had temporarily lapsed in July after Republicans had blocked an extension.

Those extended benefits expire at the end of November. It's unclear if Democrats can muster enough votes to pass one more extension of benefits before the year ends. THE ASSOCIATED PRESS

**Signs of trouble**

**The weak growth in spending and incomes underscored how fragile the American economy remains.**

- Consumers facing high unemployment and slow job growth remain reluctant to spend.
- The U.S. government reported Friday that the economy grew at an annual rate of two per cent in the July-September quarter.
- Many economists believe that growth in the current quarter will be little changed from the third quarter.

## Feds scared to talk about oil spill

ADRIAN WYLD/THE CANADIAN PRESS

▶ Christian Paradis

There were some things the federal government just didn't want to talk about during the Gulf of Mexico oil spill — like what if it happened here.

Newly released documents reveal that officials advised Natural Resources Minister Christian Paradis to avoid talking with two provincial counterparts about the effects of a big oil spill off the coast of Newfoundland.

A briefing note advises that it would be "risky" to discuss the scenario with Nova Scotia or Newfoundland and Labrador.

The document goes on to describe the potential fallout from a large oil spill off Newfoundland's eastern coast, including damage to the fishing industry and the deaths of many sea birds.

Bureaucrats drafted the briefing note to Paradis after a blown-out well in the Gulf of Mexico caused the worst oil spill in American history. An estimated 4.9 million barrels of oil spewed into the Gulf in April. THE CANADIAN PRESS

## Allstream and Mobilicity team up

Allstream has signed a three-year contract with Mobilicity to provide infrastructure service for the new cellphone company for its coverage zones in Toronto, Ottawa, Edmonton, Calgary and Vancouver. Terms of the deal were not disclosed in yesterday's announcement. THE CANADIAN PRESS

# I LOOKED AT A GIRL ... AND LIKED IT

**She says ...**

**JESSICA NAPIER**

**A couple weeks ago, I spotted her at a too-hip-for-me restaurant. I instantly felt flustered and had to whisper an awkward explanation to my confused dinner companion. Look at her! Her hair is the best and that dress is so cute and she's in interior design and, Oh my God, did you see her shoes?**

Luckily, my friend understood; we've all experienced that totally irrational nervousness around a girl crush at one point or another.

Let me clarify, I'm not rethinking my sexuality. I have a girl crush and my feelings are very platonic; it's a decidedly non-sexual appreciation.

A 2005 New York Times article on the subject of girl crushes describes the phenomenon as the "fervent infatuation that one heterosexual woman develops for another woman who may seem impossibly sophisticated, gifted, beautiful or accomplished."

That sounds about right.

Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool. They are the women that design jewelry as a career, never have a bad hair day and can actually wear an on-trend jumpsuit without looking like a plumber.

**"Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool."**

Evidently, I've fallen pretty hard for my own same-sex object of desire. But it's totally harmless and not at all creepy (I promise). I don't want to get with her; I just want to hang out, maybe borrow some of her clothes.

The best girl crushes aren't close friends (that's just weird) but someone to admire from afar. Celebrities are common subjects for girl-crushing, but personally I am much more likely to develop a thing for a friend of a friend, a girl who rides the bus with me, or (dare I say it) a stranger I stumble upon while browsing a long-lost classmate's Facebook profile.

Let's reiterate — I swear this isn't creepy.

Funnily enough, my boyfriend usually offers a pretty lacklustre response when I point out a girl that I think is oh-so-awesome. While you might assume he's just trying to be diplomatic, this actually makes a lot of sense. Girl crushes are Girl Hot rather than Guy Hot. Trust me, there's a difference. Megan Fox is Guy Hot, Alexa Chung is Girl Hot.

Women become enamoured with women who are funky, stylish and successful while men tend to worship ... well, body parts.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

## Cartoon

MICHAEL DE ADDER

## Worth mentioning

China kicked off a once-a-decade census yesterday, a whirlwind 10-day head count that sees six million census takers scrutinize apartment blocks, scour migrant areas and scan rural villages to document massive demographic changes in the world's most populous country.

The 2000 tally put China's official population at 1.295 billion people, but missed migrant workers living in cities for less than six months. In the 10 years since, there has been an extensive shift in the population base as tens of millions of migrant workers have poured into urban areas looking for work.

It is the sixth time China has carried out a national census, but the first time it will count people where they live and not where their resident certificate, or hukou, is legally registered. The change will better track the demographic changes and find the true size of China's giant cities, the populations of which up to now have been only estimates.

There have been no published predictions on how much China's population has grown in the last decade, but if it grew by just one per cent per year, that would be an addition of 130 million people — or nearly half the population of the U.S. — in just 10 years. THE ASSOCIATED PRESS

## One, two ...

THE ASSOCIATED PRESS

**Is American politics more interesting than Canadian politics? Why?**

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# Metro Minute with bestselling author

Meet author Sara Gruen, who will be speaking at Chapters Rideau at 7 tonight.

Gruen, who is on tour to promote her new novel, Ape House — which explores humans' relationships with animals and shows animals have much to teach people about what it means to be human — studied English literature at Carleton University.

Gruen is also the author of the bestselling Water For Elephants. In Ape House, Gruen moves her focus from a circus elephant to a family of bonobo apes. These bonobos, like others of their species, are capable of reason and of carrying on deep relationships.

TRACEY TONG

CONTRIBUTED

▶ To write Ape House, Sara Gruen studied linguistics and a system of lexigrams so she could communicate directly with the bonobos living at the Great Ape Trust in Des Moines, Iowa.

2 scene

## Oprah TV

▶ Oprah Winfrey

Oprah Winfrey's new network is planning series on two pairs of entertainers with complicated lives: country music stars the Judds and actor Ryan O'Neal and daughter Tatum.

The OWN network says both shows will appear sometime next year, along with a new makeover show starring Carson Kressley of Queer Eye for the Straight Guy.

OWN will flicker to life at noon on New Year's Day with a special explaining what the network is going to be about. THE ASSOCIATED PRESS

Special operatives steal the show as Medal of Honor takes flight to Afghanistan.

# Canuck comic gets candid

- Russell Peters opens up in a new memoir, but omits some racy tales
- Upcoming projects include Green Card Tour in U.S., Breakaway film

KEITH BEATY

▶ Russell Peters is releasing his autobiography today.

Outspoken Canadian comedian Russell Peters says he didn't want to hide anything when crafting his new memoir, Call Me Russell, out this week.

But when his wife, Monica Diaz, read an early draft that mentioned the wild sexual romps he'd experienced during his rise to fame, she grew upset and so he snipped some of the titillating tales.

"There was another version and my wife read it and started crying," the Brampton, Ont.-raised comic — who married Diaz in August and is expecting a child with her in February — admitted in a recent interview.

**"I didn't think anything great would happen in my life... I don't know what happened but here we are, 21 years later, and I've got a book out."**
RUSSELL PETERS

"I was like, 'This was before you,' and she was like, 'Ya, but I didn't need to see it, I didn't need to know about it,' and I'm like, 'I'll fix it.' So we scaled it back and you've got the very abbreviated version of it."

Peters says he also decided not to write about a couple of unsavoury characters he's encountered.

"There's a guy that has stolen material from me; I didn't want to put his name in the book," he said.

"There's a guy who's a complete sociopath who's obsessed with me — he's threatening all kinds of stuff — and I won't give him any ink. He doesn't deserve it."

Still, Peters is candid in the book, opening up about his attention deficit disorder and being bullied as a child, expressing disappointment with some of his onstage performances, and revealing that some of his TV-development deals haven't panned out because producers wanted him to "act more Indian."

He also writes that he received death threats over his "Toronto Maple Sikhs" joke that he no longer performs, and that he sold drugs for a brief period as a teen.

Call Me Russell is also an inspirational story about how Peters, 40, rose to fame with an ethnically charged brand of humour that has sold out arenas from London to Sydney to Los Angeles.
THE CANADIAN PRESS

# Lil Wayne redefines stardom behind bars

STEVE NESIUS/AP PHOTO

▶ Lil Wayne

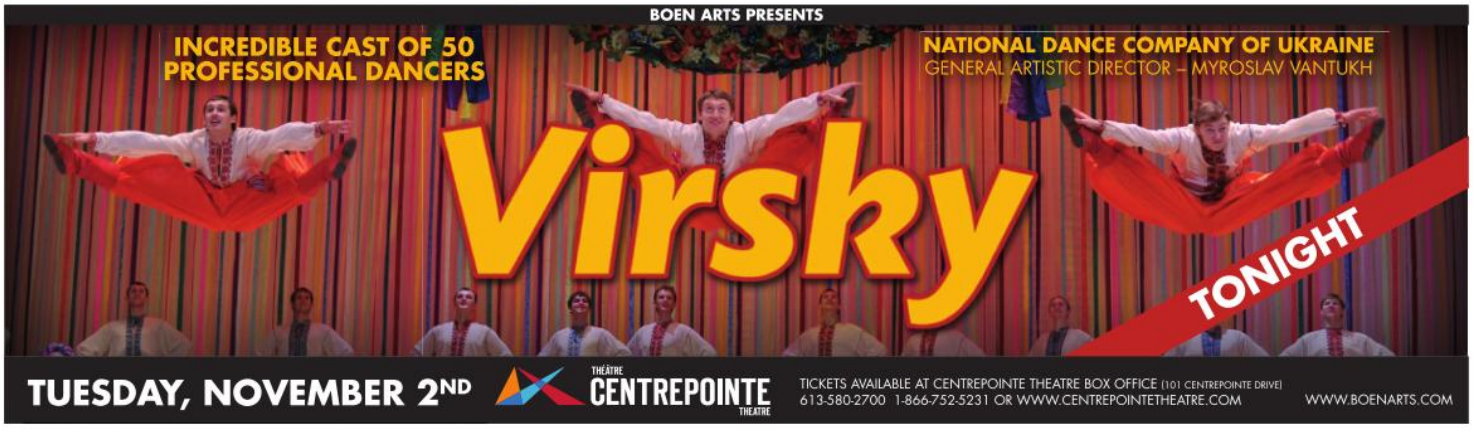
He had the top-selling album in the country earlier this month. He's on the president's iPod. He's on the charts with two singles and a collaboration on a third. He's on Facebook with updates for the more than 14 million people following them. He is, in every respect, on.

By the way, Lil Wayne is in jail. But his public persona is anything but locked away.

The rapper, who's on track to be released Thursday after serving eight months in a gun case, is the first artist in 15 years to release a No. 1 album on the Billboard 200 chart while serving a sentence. I Am Not a Human Being spent a week in the top slot and has sold more than 323,000 copies since its Sept. 27 release, according to Nielsen SoundScan.

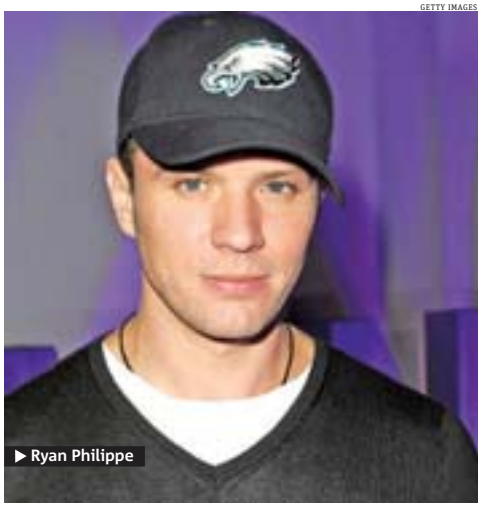
It's hardly a coveted distinction. But it is both a reflection of Lil Wayne's popularity — he went to jail a multiplatinum-selling Grammy Award winner — and a result of astute manoeuvring in the multimedia landscape.

"The challenge was to make sure you feel like he never left," says Bryan (Birdman) Williams, the Cash Money Records co-founder who has fostered Lil Wayne's career since his teens. THE ASSOCIATED PRESS



# Is it puppy love for Ryan and Amanda?

GETTY IMAGES



▶ Ryan Philippe

GETTY IMAGES

▶ Amanda Seyfried

Though they claim to just be friends, actress Amanda Seyfried and actor Ryan Phillippe are turning heads in Hollywood after being spotted leaving Kate Hudson's star-studded Halloween party together, according to Radar Online.

Philippe did his best to dodge photographers by shielding his face, but Seyfried's elaborate puppy dog costume made the actress pretty easy to spot. ● METRO

## Talking points

### Not a divorce, Cox insists

**SIMPLY A SPLIT.** Despite her separation from husband David Arquette, Courteney Cox insists divorce is not in the cards.

"Sometimes you just realize, 'Wow, we actually have grown apart,'" she tells TV Week. "I don't know what will happen, but this is not like we're getting divorced. This a separation." ● METRO

### Honeymoon hurts for Katy

**THIS BITES.** Russell Brand and Katy Perry's honeymoon might not be living up to expectations, as a nasty spider bite Perry received during the first few days has made things uncomfortable, according to Grazia. The couple is travelling in the Maldives. ● METRO

## Celebrity tweets

**Stephen Fry is leaving Twitter after being misquoted, Pink isn't impressed, Ashton Kutcher ponders and Steve Martin entertains...**

**Stephen Fry [@stephenfry]** Bye bye

**Pink [@pink]** Passive aggressive twittering is lame. Kinda sucks. How old are we?

**Ashton Kutcher [@aplusk]** How much of our success do you think is built on gut intuition?

**Steve Martin [@SteveMartinToGo]** If you're bored, you might prefer a tweet that is seventy-nine characters long. ● METRO

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"THE MOST VISCERAL, INTENSE, AFFECTING WAR FOOTAGE EVER COMMITTED TO FILM."
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3 life

**Famous 'staches**

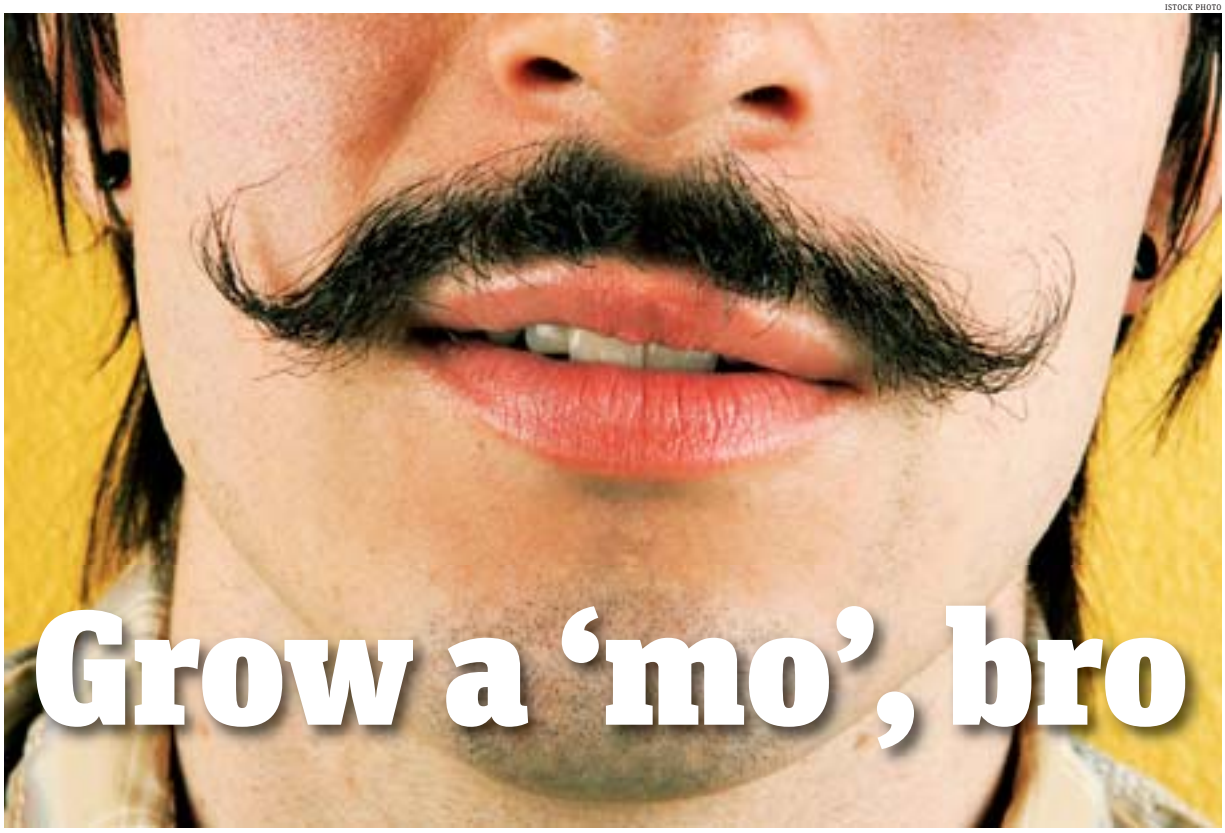
Salvador Dali knew a good 'stache when he saw one. These guys did too:

Burt Reynolds
Mark Spitz
Lanny MacDonald
George Harrison
Tom Selleck
Charlie Chaplin
Borat
Albert Einstein
Colonel Sanders
Freddie Mercury
Hulk Hogan
Friedrich Nietzche
Jimi Hendrix
Richard Pryor

CELIA MILNE

Cancer survivor wraps up a 25-day stint in only his underwear for a good cause

ISTOCK PHOTO



# Grow a 'mo', bro

**Movember moustaches raise awareness of prostate cancer Last year, more than 35,000 Canadians participated, and raised $7.8 million**

CELIA MILNE
WELLNESS@METRONEWS.CA

Does the guy beside you have scruff on his upper lip?

Good for him!

He may be a "growing a mo" for Movember — to raise awareness of and funds for prostate cancer.

It's not too late to start. Go to movember.com and register, either alone or as a team.

"Grow a moustache," says Peter Bombaci, a 44-year-old marketing consultant and chair of the Toronto Movember committee. "The cheesier and more outlandish it is, the better the conversation."

This is the fourth year for Movember in Canada.

Last year, more than 35,000 Canadians participated, and raised $7.8 million.

This year is expected to be even better.

"Men need to put their egos away and create a conversation that isn't easy," says Bombaci.

"When my buddies say, 'What's that on your face?' I explain that I'm growing a moustache to raise awareness and funds for prostate cancer, and the conversation turns from a joke to guys talking about their health."

**"Grow a moustache. The cheesier and more outlandish it is, the better the conversation."**
PETER BOMBACI

The idea for Movember began in 2003 just as many guys' brainstorms do — over a few beers.

A group of men in Australia — inspired by the women around them who were raising money for breast cancer — decided to grow moustaches to help raise awareness of prostate cancer.

Now, the campaign has spread to Canada, the U.S., the U.K., New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland.

Funds raised here go directly to Prostate Cancer Canada for better screening, new treatments and support for men with prostate cancer.

Among those participating are Wendel Clark, Lanny MacDonald, and Brian Stemmle.

**Prostate cancer**

**What is a prostate? Should I have mine tested?**

- **Stats** Prostate cancer in men is about as common as breast cancer is in women: there will be about 24,600 new cases in Canada in 2010.
- **Survival rates** About 95 per cent of the men who are diagnosed with prostate cancer are still alive after five years.
- **Deaths** Approximately 4,300 Canadian men die of prostate cancer each year.
- **Screening** Finding out early is key to survival. So, talk to your doctor about whether screening is a good idea.

CELIA MILNE

THEY SAY:
KEY MARKET INDEXES SPIKED IN Q3.
WE SAY:
TIME FOR SOME RETAIL THERAPY.
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# Dealing with the grief

## Hospitals find new ways to help deal with miscarriages, still births

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Tina Foley gave birth to her stillborn daughter, Micheline, and began a grieving process she says was helped by the way many hospitals now care for women who have experienced miscarriages, stillbirths or neonatal losses.

Tina Foley and her husband were gearing up for the arrival of their first child, excited about the furniture, toys and baby clothes they had bought in the months before the birth.

The communications consultant had had a fairly typical pregnancy, but went in to the hospital at around 24 weeks suffering from what appeared to be chronic morning sickness.

Days after she was admitted, nurses discovered there was no heartbeat and, within hours, Foley was wheeled down to ultrasound where it was confirmed she had lost the baby.

On Nov. 10, 2007, Foley delivered her stillborn child, Micheline, and began a grieving process she says was helped by the way many hospitals now care for women who have experienced miscarriages, stillbirths or neonatal losses.

The IWK Health Centre in Halifax provided the couple with a memory box containing the clothes Micheline was wearing, a name certificate, finger and footprints and two parts of a locket — one half for Foley, the other for her daughter.

"We had a service for her and asked for her to be baptized and named," said Foley, 34. "The nurses got her ready and she was wearing a sleeper and wrapped up in a blanket with a bonnet...they stayed with us and participated in the service.

"I can't speak enough about the passion of the nurses there."

The hospital, like many now in Canada, also offers to take photographs of babies to ensure families have lasting memories of lives not often recognized.

The effort to memorialize babies like Foley's is part of a growing acknowledgment in Canada of the thousands lost every year.

**THE CANADIAN PRESS**

## Thoughts on... Purpose

### Service above self

**ADVICE** The purpose of your life is to serve in a way that brings great joy and fulfillment to yourself and others.

Don't worry about finding your purpose, instead focus upon serving with the highest of intentions.

Everyday focus on serving — the more you serve — the more the universe will reveal your life purpose.

It might come in the form of a song on the radio, or a newspaper headline that catches your eye or just a simple phrase that stops you in your tracks — be mindful of the signs, messages and signals of your life purpose in whatever form they appear.

**NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM**

# lows of city life

## You're living the life in your concrete jungle
## But will the city life leave you feeling slick, or sick?

**ROMINA McGUINNESS**
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro speaks to New York City-based nutritionist and health expert Lisa Drayer to find out more about how living the urban life can be a buzz ... or a bit of a buzzkill to your mental and physical well-being.

### COMMUTE

**High and lows:** Seats on the bus and the subway accumulate and trap dirt, while hand bars and railings don't exactly get disinfected every hour.

And most big cities suffer from pollution, so an outdoor commute — such as riding your bike, or walking to a subway station — will expose you to car fumes.

Don't get me wrong: walking (one hour can burn up to 200 calories) or riding into work is an excellent way to fit exercise into your daily routine. But...

**The solution:** Try wearing a protective mask when on your bike, and look for quiet routes, avoiding rush hour. And carry hand sanitizer to get rid of subway germs.

### FITNESS

**High and lows:** We can easily stick to going from our beds to the shower to the office. We hustle but we are not always actively physical.

**The solution:** Walk or ride a bike to work, choose the stairs over the elevator and if you're on the bus or subway, get off one stop early and walk the rest of the way.

At the office, walk over to someone's desk rather than sending them an email—the more you move, the more you burn.

### NOISE

**Highs and lows:** Cities rarely get quiet even when it's the middle of the night. Cars honk, buses and cars backfire, pedestrians scream half-drunk — there is always some sort of commotion that could trigger a headache. Late-night action can be a good thing when you need a pint of milk at 3 a.m. or take a night bus home after a party. But you won't get your beauty sleep.

**The solution:** Grab your MP3 player, plug in the headphones and listen to music as you drift off. Quiet, soothing music, of course.

### SLEEP

**Highs and lows:** Late nights spent glued to our desks writing up a business proposal (or, um, scanning Facebook), with a hectic social life on the side, means most of us don't sleep the recommended eight hours a night.

**The solution:** Limit evening phone calls and weekday dinners, saving them for Saturdays and Sunday, when you have more free time.

Free public forum

Supported by

THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA
LA SOCIÉTÉ DES OBSTÉTRICIENS ET GYNÉCOLOGUES DU CANADA

Enough with the pain!

Wednesday November 3, 2010
7:00 – 8:30 p.m.
(Doors open at 6:30 p.m.)

**Hampton Inn Ottawa & Conference Centre**
**Room 210, 200 Coventry Road, Ottawa**

**This information session is for those who may be**

… suffering with chronic pelvic pain and are wondering if they may have endometriosis
… experiencing pelvic discomfort during or after sex
… have been diagnosed with endometriosis and are looking for ways to feel better
… want to get some straight answers about the impact of endometriosis on fertility

Guest Speaker
**Dr. Sony Sukhbir Singh, MD, FRCSC**
Assistant Professor
Director of Minimally Invasive Gynaecology
Department of Obstetrics and Gynaecology, University of Ottawa/The Ottawa Hospital

# The tear trigger

**Why do humans cry? Don't get too sad: This story has a happy ending.**

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It is largely accepted (though unconfirmed) that humans are the only animals with the ability to shed emotional tears.

In the 1980s, Dr William Fey, a researcher at the Ramsey Medical Center in Minneapolis, established that reflex tears were composed mainly of water (98 per cent) whereas emotional tears contained the stress hormone prolactin.

Therapist Marisa Peer believes there are two main triggers to emotional tears: extreme emotion and the establishment of distress.

### Extreme emotion: From bumps or bliss

Emotional tears release stress hormones, so crying helps us release psychological tension. Peer explains that crying releases endorphins, the get-high hormone.

"It's the same that is released during extreme physical exercise and sex, which explains why some people cry after having an orgasm.

"We cry from happiness, elation, laughter, anger and basically all extreme and intense emotions we are capable of feeling," Peer said.

### Calling out an SOS: Establishing distress

If you see someone crying your instincts will kick in.

The sight of somebody in tears within our proximity will draw us to them, either to help, protect or comfort them.

Crying triggers our protective instinct, acting as a sort of SOS or establishing a signal of distress.

"Our need for and ability to offer protection, sympathy and empathy play a crucial role in crying," Peer said.

The more someone cries, the more we want to take care of them.

### The benefits:

Let it out!

Crying is an important stress release, a vital biological reaction for our emotional wellbeing.

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## IMPLANT YOUR WAY TO A NEW SMILE

As we all know, time and life affects us in so many ways. Our mouths, and more specifically, our teeth, are not immune to either time or life. Whether it is general wear and tear or more traumatic accidents that result in broken or lost teeth, many of us will have to consider one of a variety of treatment options to help keep our teeth looking great.

**Implants can be one of the best options for many patients.** They are very natural in appearance and can restore your smile in often spectacular fashion.

So what is an implant and what is involved with installing them?

**An implant is a metal post that is inserted into the jaw bone below the gum line.** A crown is subsequently attached to that part of the post that protrudes above the gums, giving you a tooth that functions very much like a natural tooth.

The process of obtaining implants will require more than one trip to the dentist and also requires some time to allow the gums to heal after the posts have been put in place.

Dr. Pete Georgopoulous
Dental Surgeon

Inserting the metal post into the jaw bone is done on one visit.

At a following visit when the gum and jaw have healed, usually a couple of months later, a permanent crown will be affixed to the post. One of the most exciting features is that **today's crowns can be matched to your natural teeth making them virtually impossible to tell apart.**

While the end result can be spectacular, **implants are not the best option for all people**. Some people may not have sufficient bone mass or density in their jaw to support the implant. Bone grafting may solve this problem in some cases, but not necessarily all.

If your smile is in need of some restoration and you are considering implants, discuss your treatment options with your dentist. If you are a candidate for implants, **you will be thrilled with the results!**

And not only are they cosmetically pleasing, **an implant can help you to eat some of those healthy foods your dental condition may have required you to give up,** such as carrots and apples. It can also help correct an improper bite caused by spacing problems due to missing teeth.

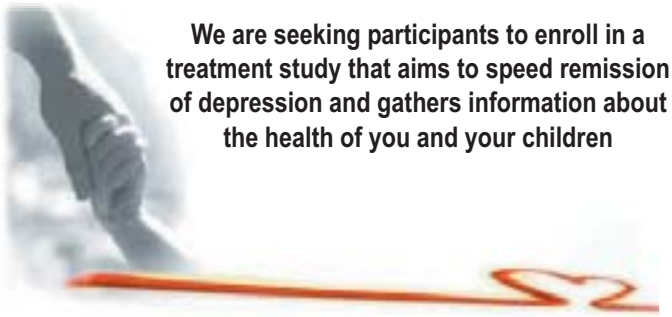
In other words, **implants are not just a cosmetic treatment option**. They can be an important option for your dental health. Because replacing broken, missing or unhealthy teeth is a healthy habit…and healthier habits lead to healthier lives.

*Dr. Pete Georgopoulous - Dental Surgeon*



## Are you a parent with Depression?

**Both you and your child can benefit when you seek help**



We are seeking participants to enroll in a treatment study that aims to speed remission of depression and gathers information about the health of you and your children

- Men and Women 18 years or older with depression
- Study medication and assessments provided
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- Subjects may be eligible for compensation for time and travel
- All queries are strictly confidential

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**For more information contact Wendy Fusee:**

**(613) 722-6521 ext. 7828**
**Wendy.Fusee@rohcg.on.ca**

# Sketchbooks and spatulas

Turns out plenty of people are as handy with a spatula as with a sketchbook.

Call them culinary artists. They are the contributors to the increasingly popular recipe blog TheyDrawandCook.com, a site that reimagines basic recipes as artful illustrations drawn with a whimsically homey touch.

So far, the site, launched in February, has drawn hundreds of submissions, spawned a kids page and is on its way to becoming a book, scheduled to come out next year.

But it began with much humbler ambitions, says co-founder Salli Swindell.

"It was really just started out of pure, 'This will be fun,'" she said. "I think it's kind of stayed that way."

The genesis for the site came from a meal Swindell's brother, Nate Padavick, cooked during a family vacation. He was recreating a fig pasta dish he'd had in Berlin and when Swindell saw the figs she was inspired to get out the watercolours, then scan the finished painting into the computer.

NATE PADAVICK/THE ASSOCIATED PRESS

▶ This illustration shows a wheatberry pilaf recipe by Nate Padavick and Sarah Cowles from TheyDrawandCook.com.

"I thought, 'I love illustrating food! What have I been doing all these years?'" recalled Swindell, who has worked as a magazine illustrator and for a greeting card company and now runs an online design studio with Padavick.

The first thought was to work with other artists to create a self-published book that could be given as gifts. But delays in getting some of the art turned to frustration. So instead the project turned into a blog. Then it started getting noticed.

First, came a big following from people in Brazil. Then the blog caught the attention of illustrators in England. "Once you're with those London illustrators, oh my gosh," said Swindell.

The original point of the blog was to provide a platform for illustrators to show off their chops, while showing off their, well, chops. But it also has generated an interesting conversation about food media — that food illustrations might engage people in a way that increasingly slick food photography may not.

"I read a lot of food blogs — there's just a sameness to the visuals," said Janice Gregg of Philadelphia, who blogs about food, culture and technology.

Technological advances have made the close-up, deeply saturated food photo easier to get and they can be beautiful, she said. But "to me, it's just sort of a little bit of a break on the eyes not to be looking at all that photography."

THE ASSOCIATED PRESS

### Far reaching

- Illustrations on They Draw and Cook range from fairy-tale whimsy and cute critters cooking in aprons to bold graphics. A watercolour recipe rendering of moules frites by Hannah Clark, an English contributor, is a symphony of blues and yellows.
- A recent contributor to the blog was Sean Ingvard Ashby of Edmond, Okla., submitted an illustrated recipe for Danish pancake balls.
- As an illustrator, Ashby liked the pictorial focus of the blog. "There was something kind of nice, I thought, in that this was fairly specialized. It was just one simple concept."

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# HUSBAND LACKS DESIRE FOR DESIGN

**Smug Marrieds**

**ANGELA PACIENZA & DEREK CHEZZI**
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

**Q: I want to redecorate my home, but my husband has no opinion on anything—from paint colours to lamps and furniture. How do I get him involved?**

**Angela says ...**

Paint a wall pink and see if he has an opinion. But seriously, if he's not interested, he's not interested. Some husbands genuinely don't care, or trust their wives enough that she'll know not to choose pink. Heck, some girls don't care if the wall is stone, stonewall or weathered stone (myself included). I'm also indifferent when my husband goes on and on about how many pixels our TV should have. I figure since I don't really care, he can make that decision on his own.

**Derek says ...**

Let's be honest, how involved do you really want your husband in this process? Decorating together invariably ends with one person in tears, sometimes both. You can drag him with you on your shopping trips to Bouclair, but he'll only be marginally engaged at best. When it comes to choosing paint colours and fabric, present him with two or three options, highlight your favourite and he'll nod approval. If you want him to express a bit of enthusiasm, make sure to include pit stops at Best Buy and the Sony Store during your Saturday afternoon excursions. Everybody wins.

# LOVE ON THE SOCIAL NETWORK

**Names: Leisha, 29, and Byron, 36**
**Hometown: Surrey, B.C.**

**Together since: 2007**

**Their story:**

▶ Leisha and Byron

## How We Met: Leisha & Byron

"I (Byron) first saw Leisha while I was waiting in line at a Granville (B.C.) nightclub. I noticed an attractive women standing with friends in the bar, but I was with a big group that night and really wasn't looking to find true love.

"Then a girl approached me and asked me to talk to her friend. I was hesitant at first, but then I realized that the girl's friend was Leisha — the same attractive woman I'd spotted earlier. I introduced myself, but my words got a little jumbled, so I told her to look me up on Facebook. Yes — Facebook! I was new to the social networking scene and decided to throw it out there. A few weeks passed and I hadn't heard anything from Leisha. I assumed she wasn't interested. I even remember telling my roommate, 'I think I lost my future wife.' But then one day I received a Facebook message from Leisha. We chatted online for a few more weeks and then decided to meet for lunch. It was the best lunch date ever! The conversations and chemistry were so easy and relaxed. Leisha and I got married earlier this year at the UBC Boathouse in Richmond, B.C."

**WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.**

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Photo courtesy of Julie Lefebvre, France, Metro Photo Challenge Local Finalist 2009.
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# LEARN HOW TO TRAVEL SMART

Whether you're hitting the beach or chillin' in Amsterdam, you can enjoy your travel experience on a limited budget. Develop a budget before you take off – not a repayment plan for after. Save in advance by automatically transferring money into a vacation account the day you're paid. Pay for expenses like airfare or hotels as they come up and cash in your loyalty points. Racking up your credit card to pay for a trip you can't afford will only cause stress that will interrupt sightseeing.

Major travel expenses can easily be slashed in half by travelling in the off season; tour Europe in April versus July.

Or travel to a hidden gem that's largely undiscovered and not a tourist hot spot; visit Croatia versus Italy or stay in the suburbs.

Last minute travel can be booked for a bargain so long as you're flexible on date, destination, flight schedules and accommodations.

# Get ready for a hit to your cash

**Already looking forward to some southern sun as winter's cold grasp looms? Some advice, wait**

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

The snow (at least in most parts of Canada) hasn't arrived yet but many of you are already scanning the travel pages for winter getaway deals. There's nothing like taking off in the dead of winter to cure the February blues.

But here's the problem: holiday sticker shock. Those advertised all-inclusive resort deals, cruises or ski packages are so tantalizing and seem so darn cheap. But come time to check out the bill that's inflated by extras, and it's suddenly double the price than when you booked.

▶ Make sure you don't underestimate the cost of your trip.

And I'm not even talking about what you might spend on a shopping trip or at the resort gift shop. That financial ouch doesn't hit you until the tan is fading and the credit card bill arrives.

Avoid holiday sticker shock by laying out all your costs. Can you handle it? If not, rethink your holiday. Here are some budget items to consider.

- **Add in tips:** Everything from taxis to room service tips have a way of sneaking up on you. Set aside a cash amount for tips.
- **Figure in upgrades:** Fresh off the plane and eager for the beach or slopes, it is easy to go for the upgrades offered from bigger rooms to VIP service. If you have upgraded in the past add it in to your holiday budget.
- **Taxes:** Many areas have charges beyond the sales tax. Find out ahead of time and add it in.
- **Liquor:** It flows freely, literally, at many resorts and cruises, but if you like a better quality bottle of wine, for example, it will cost you.
- **Sightseeing:** Guided trips are a great way to get to know a destination. If you don't know extra charges in advance contact the resort or tour operator for details.

## Interest rates/ Savings accounts

| BANK | RATE |
|---|---|
| BMO | |
| CIBC | 1.35% |
| HSBC | 1.00% |
| ING | 1.50% |
| PCF | 1.50% |
| RBC | 1.25% |
| SCOTIA | 1.35% |
| TD | 1.25% |
| ALLY | 2.00% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

# Prevent personal fraud now

Over the past few years, an increasing number of headlines about people who have lost their life's savings due to ponzi schemes have appeared. Unfortunately, this type of personal devastation is not restricted to North America. In fact, it's a worldwide problem. Luckily, there are things you can do right now to ensure that you don't also become a victim.

**Step 1:** Do your research. How well do you know your advisor?

The best way to protect yourself against fraud is to be proactive. If you're in the market for a new financial advisor, ask your friends and family for a referral. Has the advisor been well trained? Do they have a strong foundation in financial education and certification? Do they work for a reputable company? If they're independent, would they be recommended by any of their current clients? It's important to check their credentials with the Financial Advisors Association of Canada, the local better business bureau or the local regulatory body's information centre or website. Remember that an advisor who sells insurance products must be licensed by a provincial oversight agency.

**Step 2:** Keep a cool head.

When you meet with your potential advisor, make sure you're not swayed by a person's title or by their sales pitch. Be particularly wary of anyone who promises high returns or asks you to write a personal cheque to them instead of their firm.

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4 sports

# Sens hopeful that Alfie will be ready

## Sens captain 'not 100 per cent' after suffering lower-body injury

Ottawa captain Daniel Alfredsson left practice early yesterday with what the team is calling a lower-body "tweak," but head coach Cory Clouston is optimistic the Senators' leading scorer will be in the lineup tonight against the Toronto Maple Leafs.

"He's not 100 per cent, but he knows his body better than anybody," said Clouston. "It's a little tweak, lower body and I think he should be fine for tomorrow. I told him to go off, ride the bike and we'll see how things are tomorrow. I expect him to be ready for tomorrow."

That's good news for the Senators, who have been struggling to score goals this season. Alfredsson leads the team in scoring with six goals and six assists in 11 games.

The 4-6-1 Senators return to Toronto looking for redemption after losing their first meeting 5-1. Ottawa was badly outplayed and while they have made improvements since then, Clouston is still looking for some consistency from his team.

"At times against them we have given them the momentum when we had the momentum," said Clouston. "To me it's all about that in their building. Doing the little things, keeping the momentum on your side and making sure you're not doing anything to hurt yourself whether it's an undisciplined penalty or turnover. Those are the little things you have to do, especially in Toronto."

After losing 4-0 to the Bruins on Saturday, the Senators know a strong start today will be key. Since the start of the season the Senators have shown a tendency to play much better after scoring the first goal.

"(The Leafs) have come out hard the last couple of games we have played there and we have kind of let them dictate the pace of the play," said Jason Spezza, who will be playing just his second game after missing four due to a sore groin.

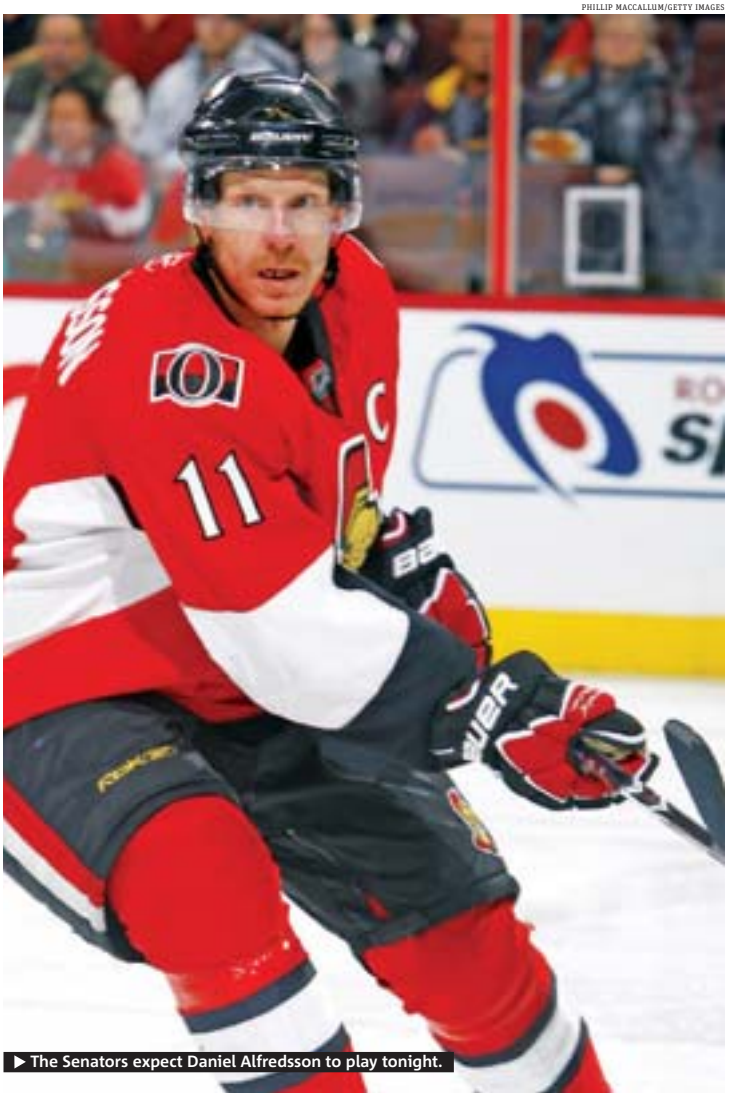
"When we've had success there we've kind of started out good and kind of taken the crowd out of it. The first 10 minutes should be a big focus for us."

THE CANADIAN PRESS

### Injury news

- The team expects to have goalie Pascal Leclaire back tonight and defenceman Filip Kuba could return by the end of the week.
- Both players took part in yesterday's practice and Leclaire, who has been sidelined for the past two weeks with a groin injury, will back up Brian Elliott tonight.

PHILLIP MACCALLUM/GETTY IMAGES



▶ The Senators expect Daniel Alfredsson to play tonight.

### Quoted

**"As far as the emotions go, it is what it is. To become No. 1 you have to win and win a lot to maintain it. That's the way it goes."**

TIGER WOODS ON LOSING HIS NO. 1 SPOT IN THE GOLF RANKINGS AFTER HOLDING IT FOR 281 WEEKS

The planets urge you to be generous. Give the horoscope to someone else after you're done.

metro
News worth sharing.

# NHL

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Tampa Bay | 10 | 7 | 2 | 1 | 0 | 35 | 30 | 15 | 3-1-1-0 | 4-1-0-0 | 7-2-1-0 | W2 |
| d-Montreal | 11 | 7 | 3 | 1 | 0 | 29 | 25 | 15 | 3-2-1-0 | 4-1-0-0 | 7-2-1-0 | L1 |
| d-Philadelphia | 12 | 7 | 4 | 1 | 0 | 37 | 29 | 15 | 5-3-0-0 | 2-1-1-0 | 6-4-0-0 | W4 |
| Washington | 11 | 7 | 4 | 0 | 0 | 34 | 25 | 14 | 4-1-0-0 | 3-3-0-0 | 7-3-0-0 | W1 |
| NY Rangers | 11 | 6 | 4 | 1 | 0 | 34 | 32 | 13 | 2-3-1-0 | 4-1-0-0 | 5-4-1-0 | W2 |
| Pittsburgh | 12 | 6 | 5 | 1 | 0 | 35 | 28 | 13 | 2-4-0-0 | 4-1-1-0 | 6-3-1-0 | W1 |
| Boston | 8 | 6 | 2 | 0 | 0 | 24 | 11 | 12 | 2-2-0-0 | 4-0-0-0 | 6-2-0-0 | W2 |
| Atlanta | 11 | 5 | 4 | 1 | 1 | 36 | 40 | 12 | 2-2-0-0 | 3-2-1-1 | 4-4-1-1 | L1 |
| Toronto | 10 | 5 | 4 | 1 | 0 | 23 | 23 | 11 | 3-2-1-0 | 2-2-0-0 | 5-4-1-0 | L2 |
| Carolina | 11 | 5 | 6 | 0 | 0 | 27 | 33 | 10 | 1-2-0-0 | 4-4-0-0 | 4-6-0-0 | L2 |
| NY Islanders | 11 | 4 | 5 | 1 | 1 | 31 | 37 | 10 | 2-1-0-1 | 2-4-1-0 | 4-5-1-0 | L4 |
| Ottawa | 11 | 4 | 6 | 1 | 0 | 26 | 35 | 9 | 3-3-0-0 | 1-3-1-0 | 4-5-1-0 | L1 |
| Florida | 9 | 4 | 5 | 0 | 0 | 24 | 21 | 8 | 2-1-0-0 | 2-4-0-0 | 4-5-0-0 | W1 |
| Buffalo | 12 | 3 | 7 | 2 | 0 | 30 | 38 | 8 | 0-4-1-0 | 3-3-1-0 | 2-6-2-0 | L3 |
| New Jersey | 12 | 3 | 8 | 1 | 0 | 20 | 39 | 7 | 0-4-1-0 | 3-4-0-0 | 3-7-0-0 | L1 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Los Angeles | 11 | 8 | 3 | 0 | 0 | 34 | 25 | 16 | 4-0-0-0 | 4-3-0-0 | 7-3-0-0 | W2 |
| d-Chicago | 14 | 7 | 6 | 1 | 0 | 41 | 40 | 15 | 4-4-0-0 | 3-2-1-0 | 6-4-0-0 | L1 |
| d-Colorado | 11 | 6 | 4 | 1 | 0 | 39 | 39 | 13 | 2-2-0-0 | 4-2-1-0 | 5-4-1-0 | W2 |
| St. Louis | 9 | 6 | 1 | 1 | 1 | 26 | 17 | 14 | 5-0-0-0 | 1-1-1-1 | 6-1-1-1 | W4 |
| Detroit | 9 | 6 | 2 | 0 | 1 | 30 | 24 | 13 | 4-1-0-1 | 2-1-0-0 | 6-2-0-1 | W1 |
| Nashville | 10 | 5 | 2 | 3 | 0 | 23 | 25 | 13 | 2-1-3-0 | 3-1-0-0 | 5-2-3-0 | L2 |
| Dallas | 10 | 6 | 4 | 0 | 0 | 32 | 27 | 12 | 3-3-0-0 | 3-1-0-0 | 6-4-0-0 | W1 |
| Columbus | 10 | 6 | 4 | 0 | 0 | 24 | 29 | 12 | 3-3-0-0 | 3-1-0-0 | 6-4-0-0 | L1 |
| Calgary | 11 | 6 | 5 | 0 | 0 | 33 | 34 | 12 | 4-3-0-0 | 2-2-0-0 | 6-4-0-0 | L2 |
| San Jose | 9 | 5 | 3 | 1 | 0 | 29 | 25 | 11 | 2-2-1-0 | 3-1-0-0 | 5-3-1-0 | W2 |
| Vancouver | 9 | 4 | 3 | 0 | 2 | 24 | 24 | 10 | 4-0-0-1 | 0-3-0-1 | 4-3-0-2 | W2 |
| Minnesota | 10 | 4 | 4 | 0 | 2 | 26 | 27 | 10 | 3-3-0-1 | 1-1-0-1 | 4-4-0-2 | L1 |
| Phoenix | 10 | 3 | 4 | 3 | 0 | 23 | 39 | 9 | 1-2-2-0 | 2-2-1-0 | 3-4-3-0 | L1 |
| Anaheim | 12 | 4 | 7 | 0 | 1 | 29 | 42 | 9 | 2-1-0-1 | 2-6-0-0 | 4-5-0-1 | L2 |
| Edmonton | 9 | 3 | 4 | 0 | 2 | 28 | 33 | 8 | 2-2-0-0 | 1-2-0-2 | 3-4-0-2 | W1 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Carolina 2
New Jersey at Vancouver
**Tonight's games**
**(All times Eastern)**
Ottawa at Toronto, 7 p.m.
Montreal at Columbus, 7 p.m.
San Jose at Minnesota, 8 p.m.
Vancouver at Edmonton, 9 p.m.
**Tomorrow's games**
Boston at Buffalo, 7 p.m.
Toronto at Washington, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Atlanta at Florida, 7:30 p.m.
New Jersey at Chicago, 8:30 p.m.
Pittsburgh at Dallas, 8:30 p.m.
Detroit at Calgary, 9:30 p.m.
Nashville at Phoenix, 10 p.m.
Tampa Bay at Anaheim, 10 p.m.
**Thursday's games**
N.Y. Rangers at Philadelphia, 7 p.m.
Columbus at Atlanta, 7 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Vancouver at Colorado, 9 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Stamkos, TB | 9 | 10 | 19 |
| C.Stewart, Col | 9 | 7 | 16 |
| Sharp, Chi | 10 | 5 | 15 |
| Crosby, Pgh | 6 | 9 | 15 |
| J.Thornton, SJ | 5 | 10 | 15 |
| Getzlaf, Ana | 4 | 11 | 15 |
| B.Richards, Dal | 3 | 11 | 14 |
| Ovechkin, Wash | 7 | 6 | 13 |
| Roy, Buf | 6 | 7 | 13 |
| Heatley, SJ | 5 | 8 | 13 |
| P.Stastny, Col | 5 | 8 | 13 |
| D.Sedin, Vcr | 7 | 5 | 12 |
| Alfredsson, Ott | 6 | 6 | 12 |
| Perry, Ana | 5 | 7 | 12 |
| Selanne, Ana | 5 | 7 | 12 |
| St. Louis, TB | 5 | 7 | 12 |
| Hejduk, Col | 4 | 8 | 12 |
| Ladd, Atl | 4 | 8 | 12 |
| Zetterberg, Det | 3 | 9 | 12 |
| Hossa, Chi | 7 | 4 | 11 |
| Datsyuk, Det | 6 | 5 | 11 |
| Giroux, Pha | 6 | 5 | 11 |
| Semin, Wash | 6 | 5 | 11 |
| J.Williams, LA | 5 | 6 | 11 |
| Callahan, NYR | 4 | 7 | 11 |
| Marleau, SJ | 4 | 7 | 11 |
| P.Kane, Chi | 3 | 8 | 11 |
| M.Koivu, Minn | 3 | 8 | 11 |
| Letang, Pgh | 3 | 8 | 11 |
| Wisniewski, NYI | 2 | 9 | 11 |
| Lidstrom, Det | 1 | 10 | 11 |
| Liles, Col | 0 | 11 | 11 |
| H.Sedin, Vcr | 0 | 11 | 11 |
| Kostitsyn, Mtl | 6 | 4 | 10 |
| Neal, Dal | 5 | 5 | 10 |
| Plekanec, Mtl | 5 | 5 | 10 |
| Backstrom, Wash | 4 | 6 | 10 |
| Byfuglien, Atl | 4 | 6 | 10 |
| Stoll, LA | 4 | 6 | 10 |
| Morrison, Cal | 3 | 7 | 10 |
| Cullen, Minn | 3 | 7 | 10 |
| Enstrom, Atl | 2 | 8 | 10 |
| Keith, Chi | 1 | 9 | 10 |
| Kessel, Tor | 7 | 2 | 9 |
| R.Bourque, Cal | 6 | 3 | 9 |
| J.Carter, Pha | 5 | 4 | 9 |
| Dubinsky, NYR | 5 | 4 | 9 |
| Eriksson, Dal | 5 | 4 | 9 |
| Horton, Bos | 5 | 4 | 9 |
| Ryan, Ana | 4 | 5 | 9 |
| Kopitar, LA | 3 | 6 | 9 |
| Malkin, Pgh | 3 | 6 | 9 |
| Toews, Chi | 3 | 6 | 9 |
| Bertuzzi, Det | 2 | 7 | 9 |
| Duchene, Col | 2 | 7 | 9 |
| Krejci, Bos | 2 | 7 | 9 |
| Leino, Pha | 2 | 7 | 9 |
| Oshie, StL | 1 | 8 | 9 |
| M.Richards, Pha | 1 | 8 | 9 |
| Ribeiro, Dal | 0 | 9 | 9 |
| Whitney, Edm | 0 | 9 | 9 |
| Briere, Pha | 6 | 2 | 8 |
| Franzen, Det | 6 | 2 | 8 |
| E.Kane, Atl | 6 | 2 | 8 |
| MacArthur, Tor | 6 | 2 | 8 |
| Tavares, NYI | 6 | 2 | 8 |
| Booth, Fla | 4 | 4 | 8 |
| Eberle, Edm | 4 | 4 | 8 |
| Hemsky, Edm | 4 | 4 | 8 |
| Horcoff, Edm | 4 | 4 | 8 |
| Lucic, Bos | 4 | 4 | 8 |
| Moulson, NYI | 4 | 4 | 8 |
| A.Stewart, Atl | 4 | 4 | 8 |
| Tanguay, Cal | 4 | 4 | 8 |
| Corneau, NYI | 3 | 5 | 8 |
| Goligoski, Pgh | 3 | 5 | 8 |

**Not including last night's games**

# MLB

## 2010 POSTSEASON

### WORLD SERIES
**(All times Eastern)**
**Texas (AL) vs. San Francisco (NL)**
**(San Francisco leads series 3-1)**
**Last night's result**
San Francisco at Texas
**Sunday's result**
San Francisco 4 Texas 0
**Saturday's result**
Texas 4 San Francisco 2
**Tomorrow's game**
x-Texas at San Francisco, 7:57 p.m.
**Thursday's game**
x-Texas at San Francisco, 7:57 p.m.
x — played only if necessary.

## LATE SUNDAY

### GIANTS 4, RANGERS 0

| San Francisco | ab | r | h | bi | Texas | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| ATorrs cf | 5 | 1 | 3 | 1 | Andrus ss | 3 | 0 | 0 | 0 |
| FSnchz 2b | 4 | 0 | 0 | 0 | MYong 3b | 4 | 0 | 1 | 0 |
| A.Huff dh | 4 | 1 | 1 | 2 | JHmltn cf | 4 | 0 | 0 | 0 |
| Posey c | 4 | 1 | 1 | 1 | Guerrr dh | 3 | 0 | 0 | 0 |
| C.Ross lf | 3 | 0 | 0 | 0 | N.Cruz lf | 3 | 0 | 1 | 0 |
| Uribe 3b | 4 | 0 | 0 | 0 | Kinsler 2b | 2 | 0 | 0 | 0 |
| Ishikaw 1b | 3 | 0 | 0 | 0 | Francr rf | 3 | 0 | 0 | 0 |
| Renteri ss | 4 | 1 | 3 | 0 | BMolin c | 3 | 0 | 0 | 0 |
| Schrhlt rf | 4 | 0 | 0 | 0 | Morlnd 1b | 3 | 0 | 1 | 0 |
| **Totals** | **35** | **4** | **8** | **4** | **Totals** | **28** | **0** | **3** | **0** |
| **San Francisco** | | | | | 002 000 110 | | | 4 | |
| **Texas** | | | | | 000 000 000 | | | 0 | |

E—Uribe (1). DP—San Francisco 2. LOB—San Francisco 6, Texas 3. 2B—A.Torres 2 (4). HR—A.Huff (1), Posey (1). SB—A.Torres (1). CS—J.Hamilton (1).

| | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| **San Francisco** | | | | | | |
| Bumgarner W,1-0 | 8 | 3 | 0 | 0 | 2 | 6 |
| Br.Wilson | 1 | 0 | 0 | 0 | 0 | 2 |
| **Texas** | | | | | | |
| Tom.Hunter L,0-1 | 4 | 5 | 2 | 2 | 1 | 1 |
| Ogando | 1 2-3 | 0 | 0 | 0 | 0 | 2 |
| D.Oliver | 1 2-3 | 2 | 1 | 1 | 0 | 2 |
| O'Day | 2-3 | 1 | 1 | 1 | 0 | 0 |
| D.Holland | 1 | 0 | 0 | 0 | 1 | 1 |

Umpires—Home, Mike Winters; First, Jeff Kellogg; Second, Gary Darling; Third, John Hirschbeck; Right, Bill Miller; Left, Sam Holbrook.
T—3:09. A—51,920 (49,170)
at Arlington, Texas.

# CFL

## WEEK 19

### EAST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| y-Montreal | 17 | 12 | 5 | 0 | 517 | 445 | 24 |
| x-Hamilton | 17 | 9 | 8 | 0 | 460 | 427 | 18 |
| x-Toronto | 17 | 8 | 9 | 0 | 343 | 438 | 16 |
| Winnipeg | 17 | 4 | 13 | 0 | 432 | 450 | 8 |

### WEST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| y-Calgary | 17 | 12 | 5 | 0 | 591 | 427 | 24 |
| x-Saskatchewan | 17 | 9 | 8 | 0 | 466 | 465 | 18 |
| Edmonton | 17 | 7 | 10 | 0 | 359 | 514 | 14 |
| B.C. | 17 | 7 | 10 | 0 | 443 | 445 | 14 |

x — clinched playoff berth.
y — clinched division title.
**Friday's game**
**(All times Eastern)**
Calgary at Winnipeg, 8 p.m.
**Saturday's games**
B.C. at Hamilton, 2 p.m.
Edmonton at Saskatchewan, 7 p.m.
**Sunday's game**
Toronto at Montreal, 4 p.m.
**End of CFL Regular Season**

## SCORING LEADERS

| | TD | C | FG | S | Pts |
|---|---|---|---|---|---|
| Maver, Cal | 0 | 67 | 33 | 3 | 169 |
| McCallum, BC | 0 | 31 | 43 | 6 | 166 |
| Duval, Mtl | 0 | 41 | 33 | 12 | 152 |
| DeAngelis, Ham | 0 | 42 | 32 | 3 | 141 |
| Congi, Sask | 0 | 41 | 26 | 2 | 121 |
| Prefontaine, Edm-Tor | 0 | 31 | 27 | 8 | 120 |
| Cates, Sask | 15 | 0 | 0 | 0 | 90 |

# TRANSACTIONS

## BASEBALL

### MLB
**AMERICAN LEAGUE**
CLEVELAND INDIANS — Assigned C Luke Carlin outright to Columbus (IL).
OAKLAND ATHLETICS — Promoted bullpen coach Ron Romanick to pitching coach.
TEXAS RANGERS — Removed RHP Alexi Ogando from the World Series roster. Added RHP Dustin Nippert to the World Series roster.
**NATIONAL LEAGUE**
PHILADELPHIA PHILLIES — Announced first-base coach Davey Lopes will not return next season.

## BASKETBALL

### NBA
ATLANTA HAWKS — Agreed to terms with C Al Horford on a five-year contract extension.
MINNESOTA TIMBERWOLVES — Exercised fourth-year contract options on F Michael Beasley, F Kevin Love and C Kosta Koufos and third-year contract options on G Jonny Flynn and G Wayne Ellington. Declined to offer a contract extension to F Corey Brewer, making him a restricted free agent at the end of this season.

## FOOTBALL

### NFL
CAROLINA PANTHERS — Signed G C.J. Davis to the practice squad. Released C Adrian Martinez from the practice squad.

## HOCKEY

### NHL
LEAGUE OFFICE — Suspended Philadelphia F Danny Briere three games for his crosscheck against N.Y. Islanders C Frans Nielsen during Saturday's game.
ANAHEIM DUCKS — Recalled C Nick Bonino from Syracuse (AHL).
BOSTON BRUINS — Recalled F Brian McGrattan from a conditioning assignment at Providence (AHL).
CHICAGO BLACKHAWKS — Activated D Brian Campbell from injured reserve. Placed F Dave Bolland on injured reserve.
DETROIT RED WINGS — Assigned D Doug Janik to Grand Rapids (AHL).
NASHVILLE PREDATORS — Reassigned F Linus Klasen to Milwaukee.
OTTAWA SENATORS — Re-assigned G Robin Lehner to Binghamton (AHL).
TAMPA BAY LIGHTNING — Recalled D Matt Roy from Norfolk (AHL).

# NBA

## EASTERN CONFERENCE

### ATLANTIC DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Boston | 2 | 1 | .667 | — |
| New Jersey | 2 | 1 | .667 | — |
| Toronto | 1 | 1 | .500 | ½ |
| New York | 1 | 2 | .333 | 1 |
| Philadelphia | 0 | 3 | .000 | 2 |

### SOUTHEAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Atlanta | 3 | 0 | 1.000 | — |
| Miami | 3 | 1 | .750 | ½ |
| Orlando | 1 | 1 | .500 | 1½ |
| Washington | 0 | 2 | .000 | 2½ |
| Charlotte | 0 | 3 | .000 | 3 |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Indiana | 2 | 1 | .667 | — |
| Chicago | 1 | 1 | .500 | ½ |
| Cleveland | 1 | 2 | .333 | 1 |
| Milwaukee | 1 | 2 | .333 | 1 |
| Detroit | 0 | 3 | .000 | 2 |

## WESTERN CONFERENCE

### SOUTHWEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| New Orleans | 3 | 0 | 1.000 | — |
| Dallas | 2 | 1 | .667 | 1 |
| Memphis | 2 | 1 | .667 | 1 |
| San Antonio | 1 | 1 | .500 | 1½ |
| Houston | 0 | 3 | .000 | 3 |

### NORTHWEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Portland | 3 | 0 | 1.000 | — |
| Denver | 2 | 1 | .667 | 1 |
| Oklahoma City | 2 | 1 | .667 | 1 |
| Minnesota | 1 | 2 | .333 | 2 |
| Utah | 1 | 2 | .333 | 2 |

### PACIFIC DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| L.A. Lakers | 3 | 0 | 1.000 | — |
| Golden State | 2 | 1 | .667 | 1 |
| Sacramento | 2 | 1 | .667 | 1 |
| Phoenix | 1 | 2 | .333 | 2 |
| L.A. Clippers | 0 | 3 | .000 | 3 |

**Last night's results**
Portland at Chicago
Toronto at Sacramento
San Antonio at L.A. Clippers
**Sunday's results**
Miami 101, New Jersey 78
Dallas 99, L.A. Clippers 83
Utah 120, Oklahoma City 99
L.A. Lakers 107, Golden State 83
**Tonight's games**
**(All times Eastern)**
Atlanta at Cleveland, 7 p.m.
Philadelphia at Washington, 7 p.m.
Boston at Detroit, 7:30 p.m.
Minnesota at Miami, 7:30 p.m.
Orlando at New York, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

# SOCCER

## ENGLAND

### PREMIER LEAGUE
**Yesterday's result**
Blackpool 2 West Bromwich Albion 1

## SPAIN

### LA LIGA
**Last night's result**
Mallorca 2, Levante 1

## EUROPEAN CHAMPIONS LEAGUE
**FIRST ROUND**
**(All teams Eastern)**
Top two teams in each group advance
**THIRD-PLACE TEAMS ADVANCE TO EUROPA LEAGUE**
(home teams listed first)
**Group A**
**Today's games**
Werder Bremen vs. Twente, 3:45 p.m.
Tottenham vs. Inter Milan, 3:45 p.m.
**Group B**
**Today's games**
Hapoel Tel-Aviv vs. Schalke, 3:45 p.m.
Schalke vs. Lyon, 3:45 p.m.
**Group C**
**Today's games**
Bursaspor vs. Manchester United, 3:45 p.m.
Valencia vs. Glasgow Rangers, 3:45 p.m.
**Group D**
**Today's games**
Rubin Kazan vs. Panathinaikos, 1:30 p.m.
Copenhagen vs. Barcelona, 3:45 p.m.
**Group E**
**Tomorrow's games**
Basel vs. AS Roma, 3:45 p.m.
Cluj vs. Bayern Munich, 3:45 p.m.
**Group F**
**Tomorrow's games**
Chelsea vs. Spartak Moscow, 3:45 p.m.
Zilina vs. Marseille, 3:45 p.m.
**Group G**
**Tomorrow's games**
Auxerre vs. Ajax, 3:45 p.m.
AC Milan vs. Real Madrid, 3:45 p.m.
**Group H**
**Tomorrow's games**
Partizan Belgrade vs. Braga, 3:45 p.m.
Shakhtar Donetsk vs. Arsenal, 3:45 p.m.

# NFL

## AMERICAN CONFERENCE

### EAST

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| New England | 6 | 1 | 0 | .857 | 205 | 154 |
| N.Y. Jets | 5 | 2 | 0 | .714 | 159 | 110 |
| Miami | 4 | 3 | 0 | .571 | 133 | 149 |
| Buffalo | 0 | 7 | 0 | .000 | 131 | 211 |

### SOUTH

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Houston | 4 | 2 | 0 | .667 | 153 | 167 |
| Indianapolis | 4 | 2 | 0 | .667 | 163 | 125 |
| Tennessee | 5 | 3 | 0 | .625 | 224 | 150 |
| Jacksonville | 4 | 4 | 0 | .500 | 165 | 226 |

### NORTH

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Baltimore | 5 | 2 | 0 | .714 | 149 | 129 |
| Pittsburgh | 5 | 2 | 0 | .714 | 147 | 102 |
| Cleveland | 2 | 5 | 0 | .286 | 118 | 142 |
| Cincinnati | 2 | 5 | 0 | .286 | 146 | 163 |

### WEST

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Kansas City | 5 | 2 | 0 | .714 | 163 | 122 |
| Oakland | 4 | 4 | 0 | .500 | 212 | 168 |
| San Diego | 3 | 5 | 0 | .375 | 210 | 174 |
| Denver | 2 | 6 | 0 | .250 | 154 | 223 |

## NATIONAL CONFERENCE

### EAST

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| N.Y. Giants | 5 | 2 | 0 | .714 | 175 | 153 |
| Philadelphia | 4 | 3 | 0 | .571 | 172 | 157 |
| Washington | 4 | 4 | 0 | .500 | 155 | 170 |
| Dallas | 1 | 6 | 0 | .143 | 154 | 187 |

### SOUTH

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Atlanta | 5 | 2 | 0 | .714 | 169 | 133 |
| Tampa Bay | 5 | 2 | 0 | .714 | 136 | 163 |
| New Orleans | 5 | 3 | 0 | .625 | 167 | 148 |
| Carolina | 1 | 6 | 0 | .143 | 85 | 150 |

### NORTH

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Green Bay | 5 | 3 | 0 | .625 | 176 | 136 |
| Chicago | 4 | 3 | 0 | .571 | 126 | 114 |
| Minnesota | 2 | 5 | 0 | .286 | 129 | 144 |
| Detroit | 2 | 5 | 0 | .286 | 183 | 165 |

### WEST

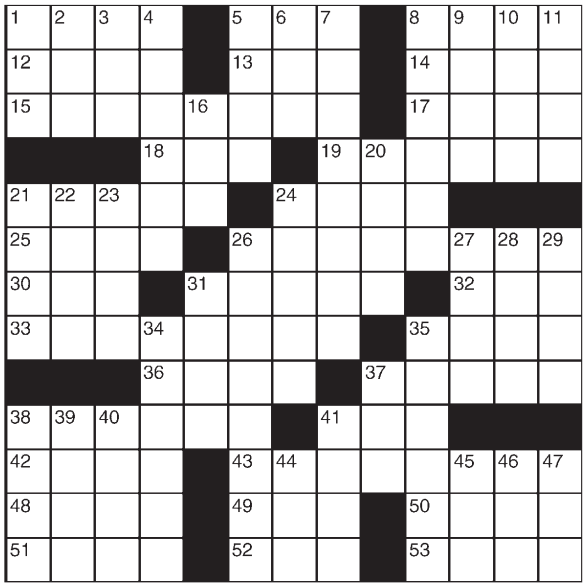
| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Seattle | 4 | 3 | 0 | .571 | 123 | 140 |
| St. Louis | 4 | 4 | 0 | .500 | 140 | 141 |
| Arizona | 3 | 4 | 0 | .429 | 133 | 198 |
| San Francisco | 2 | 6 | 0 | .250 | 137 | 178 |

## WEEK EIGHT
**Byes:** N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
**Last night's result**
Houston at Indianapolis
**Sunday's results**
Detroit 37 Washington 25
Green Bay 9 N.Y. Jets 0
Jacksonville 35 Dallas 17
Kansas City 13 Buffalo 10 (OT)
Miami 22 Cincinnati 14
New England 28 Minnesota 18
New Orleans 20 Pittsburgh 10
Oakland 33 Seattle 3
San Diego 33 Tennessee 25
St. Louis 20 Carolina 10
Tampa Bay 38 Arizona 35
**At London, England**
San Francisco 24 Denver 16

## WEEK NINE
**Byes:** Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
**Sunday, Nov. 7**
**(All times Eastern)**
Chicago vs. Buffalo (at Toronto), 1 p.m.
N.Y. Jets at Detroit, 1 p.m.
Miami at Baltimore, 1 p.m.
San Diego at Houston, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
New Orleans at Carolina, 1 p.m.
New England at Cleveland, 1 p.m.
Arizona at Minnesota, 1 p.m.
N.Y. Giants at Seattle, 4:05 p.m.
Kansas City at Oakland, 4:15 p.m.
Indianapolis at Philadelphia, 4:15 p.m.
Dallas at Green Bay, 8:20 p.m.
**Monday, Nov. 8**
Pittsburgh at Cincinnati, 8:30 p.m.

NOT JUST *A* CLUB,
IT'S *THE* CLUB.
JOIN CLUB METRO TODAY! **CLUBMETRO.COM**
club metro

## Crossword



**Across**

1 Bridge
5 Depressed
8 Break suddenly
12 Greek vowel
13 Overseas agreement?
14 Story
15 "USA Today" graphic, often
17 React to yeast
18 Scenery chewer
19 His work is fitting
21 Remained upright
24 Ailing
25 Cookware
26 2003 Celine Dion album
30 Performance
31 Win by —
32 Pool stick
33 Joined (in)
35 Sherilyn of "Twin Peaks"
36 For fear that
37 Rosters
38 Open out, as a flag
41 Depilation method
42 Protein source
43 Priced separately
48 Mercedez-—
49 Bottom line
50 Blue hue
51 Wild revelry
52 Preschooler
53 Nervous

**Down**

1 Taste the tea
2 Luau bowlful
3 Dined on
4 Chips served with salsa
5 Clayey soil
6 Lord's Prayer start
7 Most likely to make a pun
8 Hit
9 Hammer's target
10 As well
11 Equal
16 Possessed
20 Rue the run
21 Lovers' quarrel
22 Mexican entree
23 Aware of
24 Quick drink
26 Tilted
27 Experts
28 Little one
29 Change for a C-note
31 Mimic
34 Hardly agile
35 Concentrate (on)
37 Fond du —, WI
38 Knob on a shield
39 — -do-well
40 Venom spout
41 Power measure
44 Writer Buscaglia
45 Crimson
46 Playground game
47 Actor Ron

▶ Yesterday's answer

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | R | A | | J | A | S | O | N | | B | R | A | | |
| L | I | D | | A | G | O | R | A | | E | E | L | | |
| F | O | O | T | B | A | L | L | S | | G | E | L | | |
| | | | O | B | I | | O | S | S | I | F | Y | | |
| B | A | T | T | E | N | | N | E | O | N | | | | |
| O | U | R | | D | S | L | | R | U | N | T | S | | |
| O | R | E | S | | T | A | D | | P | E | R | E | | |
| N | A | A | C | P | | M | E | W | | R | U | N | | |
| | | S | U | E | S | | B | A | S | S | E | T | | |
| A | L | U | M | N | A | | A | S | P | | | | | |
| F | O | R | | P | U | R | C | H | A | S | E | S | | |
| R | O | E | | A | N | G | L | E | | A | B | E | | |
| O | P | S | | L | A | S | E | R | | P | B | A | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | | 6 | | | 4 |
| 6 | | | | 2 | | | | |
| | | 7 | | | | 8 | 5 | |
| 9 | | | 6 | 4 | | | | 7 |
| 3 | | | 2 | | 9 | | | 5 |
| 2 | | | | 5 | 3 | | | 9 |
| | 9 | 6 | | | | 7 | | |
| | | | | 1 | | | | 3 |
| 7 | | | 8 | | | 1 | | |

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 6 | 4 | 1 | 2 | 5 | 7 | 8 |
| 4 | 1 | 7 | 8 | 9 | 5 | 6 | 2 | 3 |
| 2 | 5 | 8 | 7 | 3 | 6 | 9 | 1 | 4 |
| 5 | 8 | 4 | 3 | 2 | 1 | 7 | 9 | 6 |
| 1 | 6 | 2 | 9 | 7 | 8 | 3 | 4 | 5 |
| 7 | 3 | 9 | 6 | 5 | 4 | 1 | 8 | 2 |
| 9 | 4 | 1 | 5 | 8 | 3 | 2 | 6 | 7 |
| 8 | 2 | 3 | 1 | 6 | 7 | 4 | 5 | 9 |
| 6 | 7 | 5 | 2 | 4 | 9 | 8 | 3 | 1 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Hi Germy, You smile and shiny head light up my Friday mornings. Can't wait to do more crosswords with you. Kiss,* **CAROLINE**

*Hey Jables, Happy Birthday my love :) Can't wait to see you tonight.* **SKITTLEZ**

*I was nothing before i met you and you made me become everything. You make me happier than i thought i could ever be. With whole heart, love you* **SUE**

*To the love of my life(RWR), It took years to find you, though we have only been together for a short time, you just know when it's right. I love you endlessly, and you make my day worthwhile. Your charm, and personality has made me fall deeply in love with you each day. It's going to be a wonderful life with you lovey! Your honey of a bunny.* **LB**

Today 5°/-2° Sunny
Wednesday 7°/2° Sunny
The Weather Network Download WeatherEye to your smartphone.
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## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** Your generosity knows no bounds. But does everyone who needs your help really deserve it? Save your best for those who do.

**♉ Taurus April 21-May 21** The message of the stars today is that you must not hold grudges, not even if you know you've been cheated. Forgive and forget — not for other people's emotional benefit but for your own.

**♊ Gemini May 22-June 21** There may be nothing you cannot do at the moment, but just because there is nothing you cannot do does not mean you have to do everything. Perform only those tasks that are cost efficient in terms of time and energy.

**♋ Cancer June 22-July 22** You will lighten up considerably and get more enjoyment out of life. There is a deeply loving side to the Cancer nature — a side that must not be ignored.

**♌ Leo July 23-Aug.23** No matter how busy you might be at the moment you must make time for your nearest and dearest. There will rarely be a better time to let loved ones know just how much you care for them. Don't just say it — prove it.

**♍ Virgo Aug. 24- Sept. 22** Some people like to chatter away for no good reason but you consider that a complete waste of time, and anyone who tries to interest you in idle gossip today must be told in no uncertain terms to desist. Be brutal.

**♎ Libra Sept. 23-Oct. 23** Something bright and sparkly will catch your eye today and no matter how much it costs you've just got to have it. If you've got the cash to spare by all means go for it, but don't borrow to pay for it.

**♏ Scorpio Oct. 24-Nov. 22** Do whatever it takes to avoid arguments and disagreements, both at home and at work. The last thing you want right now is to waste your precious time and energy on ego clashes.

**♐ Sagittarius Nov. 23-Dec. 21** If you need to get away from the social whirl and be alone with your thoughts for a while then just do it. You don't have to ask anyone's permission..

**♑ Capricorn Dec. 22-Jan. 20** Get out and about and take a bigger part in the world. There are people out there crying out for your leadership skills. Would you deny them?

**♒ Aquarius Jan. 21-Feb. 18** As far as some people are concerned you can do no wrong, but in a way that's dangerous because you are human like everyone else and if you make a mistake it will disillusion them.

**♓ Pisces Feb. 19-March 20** You are finding it a lot easier to relax now the Sun is moving through one of the more positive areas of the sky, but don't relax so much that you switch off completely. Keep your wits about you. There's money to be made. **SALLY BROMPTON**

## Caption contest

BULLIT MARQUEZ/THE ASSOCIATED PRESS

WIN!

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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# AIR CANADA VACATIONS

# Deals of the week

## DOMINICAN REPUBLIC

### Samana via Toronto

**Gran Bahia Principe El Portillo • 4 1/2★**

All-Inclusive • Standard rm.
Nov. 7 - 28 • 1 wk.

PRIVILEGES
**$399**
+Taxes & other fees: $324

## BAHAMAS

### Nassau via Toronto

**Breezes Bahamas • 3★**

All-Inclusive
Deluxe garden view rm.
Dec. 6, 7 & 12 • 3 nts.

**$889**
+Taxes & other fees: $110

### Great Exuma via Toronto

**Sandals Emerald Bay**

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COMPANION FLIES FOR FREE[1]

**$1449**
+Taxes & other fees: $206

## TURKS & CAICOS

**Comfort Suites • 2 1/2★**

Continental breakfast
Junior suite - run of the house
Dec. 20 • 1 wk.

**$1059**
+Taxes & other fees: $247

**Ocean Club Resort • 3 1/2★**

Studio suite
Dec. 20 • 1 wk.

**$1289**
+Taxes & other fees: $247

## JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4★**

All-Inclusive
Exclusive, renovated standard rm.
Dec. 25 • 1 wk.

PRIVILEGES
**$1529**
+Taxes & other fees: $276

## CUBA

### Varadero

**Allegro Varadero • 3★**

All-Inclusive • Superior rm.
Dec. 25 • 1 wk.

**$1099**
+Taxes & other fees: $222
Departure tax: 25 CUC cash, paid locally

**Sirenis La Salina Varadero Beach Resort • 4★**

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.

**$1299**
+Taxes & other fees: $222
Departure tax: 25 CUC cash, paid locally

### Santa Clara

**Royal Hideaway Ensenachos • 5★**

All-Inclusive
Royal spa premium rm.
Dec. 26 • 1 wk.

PRIVILEGES
**$1699**
+Taxes & other fees: $222
Departure tax: 25 CUC cash, paid locally

## USA

### Las Vegas via Montreal

**Imperial Palace Las Vegas • 3★**

Deluxe rm. – promo savings
Dec. 11 • 3 nts.

**$449**
+Taxes & other fees: $146

## CRUISE

### Celebrity Cruises[2]

**Celebrity Summit℠**

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 9
Jan. 8 • 1 wk.

**$889**
+Taxes & other fees: $270

## REAL RESORTS

### MEXICO

### Cancun/Riviera Maya

**Gran Caribe Real Resort & Spa • 4 1/2★**

All-Inclusive • Junior suite
Mar. 19 • 1 wk.

**$1369**
+Taxes & other fees: $283

**Gran Porto Real Resort & Spa • 4★**

All-Inclusive • Standard rm.
Mar. 19 • 1 wk.

**$1529**
+Taxes & other fees: $283

## Midnight RUSH

One mystery destination from Mexico or the Caribbean will be on SUPER SALE Thursday at MIDNIGHT (ET) to Friday at 9 a.m. (ET)

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 2 & 6, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. [1]Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to San Juan via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. ‡Bonus Aeroplan Miles for Sandals and Beaches are based on 2 Aeroplan members occupying the room and are awarded at a rate of 500 bonus Aeroplan Miles per member for Luxury room, 1,000 bonus Aeroplan Miles per member for Concierge suite, or 1,500 bonus Aeroplan Miles per member for Butler service suite. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ †Book by Dec. 1, 2010 for travel from Nov. 1 and completed by April 1, 2011. [2]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

# NOVEMBER CLASSES
## SEATS STILL AVAILABLE!

## Paralegal *next class start Nov 15*

**Program Objective**
Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

**Legal subject matter covered includes:**

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

## Pharmacy Technician *Wait list only! Call for options.*

**Program Objective**
The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

**Pharmacy subject matter covered includes:**

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

## Personal Support Worker
*next class start Nov 8*

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

## Medical (Dental) Office Assistant *next class start Nov 22*

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

NEW program

## Fitness & Health Promotion *next class start Nov 22*

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

**CALL TODAY**
**Classes Starting Monthly!**
**613-722-7811**

## Accounting and Payroll Administrator
*next class start Nov 8*

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.
This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

## Travel Counsellor Online
*start TODAY!*

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

ALGONQUIN CAREERS ACADEMY

**1644 Bank St. 613-722-7811 www.algonquinacademy.com**